



JICAMA FRIES

Entire Recipe is aprox 4 cups of vegetables

Ingredients

- 1 large jicama
- 1 Tbsp olive oil
- ½ tsp paprika
- ½ tsp onion powder
- ½ tsp garlic powder
- ½ tsp pink salt

Directions

OVEN METHOD:

1. Preheat oven to 425 degrees F
2. Peel the jicama and cut into fries
3. In a small dish, mix the paprika, onion powder, garlic powder and salt.
4. In a large ziplock bag, mix the jicama fries in with the olive oil and seasonings until evenly coated.
5. Bake for 10 minutes and then flip and bake another 10 minutes or until desired texture.

AIR FRYER METHOD:

Follow the above preparation of the jicama fries and then bake in a single layer at 400 degrees for 10 minutes. Flip and do another 10 minutes.

Notes

Options

- TJs sells the pre-cut jicama that you can use too (might want to cut them in half so they are just a little thinner)
- Jicama is pronounced: "HICK-A-MA"