

oven-fried yuca



National Heart, Lung,
and Blood Institute

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Ingredients

1 pound fresh yuca (cassava),
peeled and cut into 3-inch
sections (or 1 pound peeled
frozen yuca)

nonstick vegetable oil spray

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1. In a kettle, combine the yuca with enough cold water to cover it by 1 inch. Bring the water to a boil, and slowly simmer the yuca for 20 to 30 minutes or until it is tender.
2. Preheat oven to 350°F.
3. Transfer the yuca with a slotted spoon to a cutting board, let it cool, and cut it lengthwise into $\frac{3}{4}$ -inch-wide wedges, discarding the thin woody core.
4. Spray a cookie sheet with the vegetable oil spray. Spread yuca wedges in a single layer on the cookie sheet and spray the wedges with vegetable oil spray. Cover with foil and bake for 8 minutes. Uncover and return to oven to bake for an additional 7 minutes.

Yield 6 servings, **Serving Size** 1 piece (2½ inches long), **Calories** 93, **Total Fat** 1g, **Saturated Fat** 0g, **Cholesterol** 0mg, **Sodium** 3mg, **Total Fiber** 1g, **Protein** 2g, **Carbohydrates** 20g, **Potassium** 522mg