oven-fried yuca

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

Ingredients

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 ¾-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