

# Mark's Kitchen

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## Jicama Fries

Serves: 4

Ready in: 45 minutes

Jicama is a non-starchy root vegetable commonly used in Mexico and Southeast Asia. It has a crisp, juicy texture and a slightly sweet flavor. Use it raw in salads and slaws, or cooked in place of starchier vegetables like potatoes. These fries will be a hit with the whole family!

Ingredients:

- 1 large jicama, peeled and cut into 1/4-inch sticks
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon sea salt
- pinch of freshly ground black pepper
- 1/4 teaspoon smoked or sweet paprika (optional)
- 1/4 teaspoon ground cumin (optional)

Step 1: Preheat the oven to 400°F. Place a large rimmed baking sheet in the oven to preheat.

Step 2: In a bowl, toss the jicama fries with the olive oil, salt, black pepper, and spices, if desired.

Step 3: Carefully spread the jicama fries onto the hot baking sheet in a single layer. Roast for 20 minutes; then, give them a stir and roast for another 15 minutes. Serve hot.

*Nutritional analysis per serving: Calories: 145, Fat: 4 g, Saturated Fat: 1 g, Cholesterol: 0 mg, Fiber: 15 g, Protein: 2 g, Carbohydrates: 27 g, Sodium: 157 mg*

