



Baked Jicama Fries

Ingredients:

- 2 cups jicama, peeled & cut into thin slices ¼ inch thick
- 2 teaspoons of any protocol oil
- ½ teaspoon turmeric
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- ½ teaspoon sea salt
- ¼ teaspoon black pepper

Directions:

1. Preheat oven to 400°F.
2. Place jicama slices into a large bowl, add oil, turmeric, garlic powder, onion powder, salt & pepper and toss to coat
3. Spread the fries onto a baking sheet lined with parchment paper making sure the fries aren't crowded. They need space or else they will start to steam and get soft rather than crispy.
4. Bake 30 minutes, take them out of the oven and flip, then bake another 20-30 minutes or until fries are a little brown and have reached the desired texture.

**You can also use an air fryer.

Servings: makes 1 serving.

Each serving = 2 cups select vegetables, 2 servings healthy oil.

716-320-1515
DietMentor.com
info@dietmentor.com