

Yucca Fritas

Ingredients

1 pound Yucca
½ tsp. Adobo seasoning
1 ½ cup red onion, sliced in thin rings
2 tsp. olive oil
Vegetable oil spray
2 limes, squeezed for juice and garnish

Procedures

1. Boil yucca in water until tender, about 25-30 minutes
2. Drain, cool, and remove inner core; slice into wedges
3. Preheat oven to 375°
4. Spray cookie sheet with vegetable oil spray, put yucca wedges on tray
5. Remove foil and continue to bake wedges about 8 minutes or until beginning to brown and become crisp
6. Saute onion in oil, when onion is soft add yucca and Adobo
7. Remove from heat and squeeze lime juice (to taste) over top and toss
8. Serve garnished with additional lime wedges

Yield

6- ½ cup servings

Nutrition Facts

Calories- 155
Fat- 2.5g
Protein- 1.5g
Sodium- 187mg
Calcium- 23mg
Iron- <1mg
Thiamin- 6%
Riboflavin- 3%
Niacin- 4%