

Jicama Fries | Low-Carb, Keto-Friendly

Swick

Serves 1 to 2 | Active Time: 20 minutes | Total Time: 50 minutes

Step 1: Preparing Your Mise en Place

- 1 lrg jicama, peeled and sliced*
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp turmeric powder
- 1/8 tsp cayenne, or to taste
- 1/4 tsp sea salt
- 1/2 tsp freshly ground black pepper
- 1 to 2 tbsp high-heat oil, such as avocado oil

To start, preheat the oven to 400°F. (200°C) and line a baking tray with aluminum foil and/or parchment paper. Note that if you are not going to be using oil than parchment paper is the better choice to ensure the fries don't stick. If using oil then straight foil is a good idea as it will give the fries better color.

Next, peel and slice the jicama into strips — the size comes down to personal preference, here we have cut the fries into skinny pieces.

Lastly, gather all of the spices and the oil and put a medium-sized pot of water on to boil.

Step 2: Preparing the Jicama Sticks for Baking

- 1/2 tsp sea salt

To prepare the jicama for baking, they are best if par-boiled first, otherwise they remain quite crunchy in the middle. This step can be skipped if you like — try it both ways to see which way you prefer the fries.

Once the water comes to a boil, add a 1/2 tsp of salt, followed by the jicama sticks.

Allow the jicama to a gentle boil for 7 to 10 minutes, or until they are less crunchy throughout. The cooking time will depend on the size of the fries and temperature of the water etc.

Once done, drain the water and pat the jicama sticks dry using a paper towel. Next, transfer the fries to a bowl and toss with the oil and seasonings.

Place in a single layer on a prepared baking sheet. Bake for 30 minutes or until crispy, turning halfway. Delicious served with guacamole.

These jicama fries might be a tad on the crunchy side given jicama's natural texture. If you want them with less crunch you can boil the jicama slices for 8-10 minutes, drain the water and pat the fries dry before coating them with the spices and baking. I like the texture and don't feel this step is necessary.

Step 3: Baking & Finishing the Fries

- 1 tbsp nutritional yeast
- 1/2 tsp minced garlic, optional
- 2 tbsp freshly chopped parsley or cilantro
- quality sea salt, such as Maldon, for finishing
- freshly ground black pepper, for finishing
- 1/3 cup dipping sauce of your choice

In a large bowl, toss the jicama fries with the olive oil and the spices. Arrange on the cooling rack. Bake 45 minutes, until browned. Serve immediately.

Chef's Notes

Jicama is a root vegetable, which shares the same color and shape as a turnip, but is about 2-3 times the size. It has a weathered brown skin (to be peeled before eating) that covers a white flesh, with a texture similar to that of a water chestnut or crisp pear.