

Jicama Fries

Recipe By Rorie Weisberg



Cooking and Prep:  30
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Serves:  3

No Allergens

Preference: Parve

Difficulty: Easy

Diet: Vegetarian, Vegan,

Paleo, Pescetarian, Gluten

Free, Low Fat, Low Carb, Sugar

Free

Try this healthy alternative to fries that couldn't be easier. Watch Rorie make them [here!](#)

Ingredients (6)

Jicama Fries

- 1-2 jicamas
- olive oil spray, such as [Glicks Olive Oil Cooking Spray](#)
- salt to taste
- black pepper to taste
- onion powder to taste

garlic powder to taste

Start Cooking

Make Jicama Fries

1. Peel jicama using a sharp knife. Cut into 1/2 inch sticks, and lay out on a Gefen Easy Baking Parchment covered cookie sheet.
2. Spray jicama liberally with olive oil spray.
3. Season to taste with salt, pepper, garlic powder, and onion powder.
4. Bake at 375°F for 25-35 minutes.