

# Seasoned Cassava Fries

## HolisticQ signature recipe

Ingredients: All Organic

Try something different in the place of potato...

Cassava is the third-largest source of food carbohydrates in the tropics, after rice and maize. Cassava root, also known as Yuca root, is a staple crop that supports hundreds of millions of people worldwide. Yuca root looks like a cross between a potato and sweet potato in many ways, as a long, dark brown tuber.

Serve exactly as you would potato. Perfect with a burger, steak, fish...

Ingredients: All Organic

2-3 large cassava root tubers peeled and sliced  
1 bunch green onions chopped  
1/3 cup grapeseed oil (any healthy high heat oil)  
1 Tbsp. garlic powder  
1 Tbsp. paprika  
1 Tbsp. salt (or to taste)  
1 tsp. black pepper

Make the fries!

Peel and slice the Cassava root in bite size chunks as you would prepare potato for skillet frying. Chop an entire bunch of green onion, about 6, and set aside. (green onions will be added toward the end of cook time)

Combine spices with the oil in a small bowl. In a larger bowl, toss the cassava root with the oil/ spice mixture until well distributed.

Fry, or sauté the cassava as you would potato to your desired color and add the green onion for the last 10 minutes or so.

You can also roast the cassava on parchment paper at 400° for approximately 30 minutes or until desired color and crunchiness!