



Jicama Fries

Ingredients:

1 Large Jicama
1 tsp Garlic Powder
1 tsp Onion Powder
1 tsp Smoked Paprika
½ tsp Pepper
½ tsp Salt
1 tsp Thyme

Instructions:

Start by peeling your jicama and then cutting them into slices and then cut them into french fry cuts. The thinner the fries the better they will cook so cut them to your desired thickness.



First we need to prep our Jicama fries and you have an option here. To soften the Jicama up to make the texture more like a potato we need to boil them first for about 10 to 15 minutes. You can also place them in the microwave but may take longer. If you don't mind the crisp of these you can skip this step.

Once you have boiled your jicama fries, remove them onto a paper towel to remove that excess water.

Frying Instructions:

Season your jicama fries with the seasonings listed above. Add some Avocado oil to a hot pan and fry your jicama fries on medium heat until golden brown

Air Fryer Instructions:

Place your jicama fries into a bowl and toss in your Avocado oil and seasonings and mix it around until all of your jicama fries are fully covered in your seasonings. Then place onto your Air Fryer tray or basket and Air Fry at 400 for 10-15 minutes. If you did not boil them first it may take 25 to 30 minutes.

You can also freeze your jicama and reheat in the air fryer on another day but if you do freeze them make sure you line them up on a parchment paper on a tray and place them in the freezer until they are frozen and then transfer them into a ziplock bag. This will prevent them from getting stuck to each other.

Servings: 6

Net Carbs: 5
Fiber: 6
Total Carbs: 11
Protein: 0.9
Fat: 0.1
Calories: 49