



Twice Cooked Yucca and Slaw

Yield: 6 servings

Ingredients

5 cups chopped yucca root*
½ cup chopped onion
3 garlic cloves, smashed
1 tablespoon kosher salt
½ green cabbage, finely chopped
1 cup diced seedless cucumber
1 cup diced red bell pepper
½ cup diced celery
½ cup chopped cilantro
½ cup fresh lime juice
¼ cup diced onion
2 tablespoons diced jalapeno (optional)
1 tablespoon minced garlic
1 teaspoon kosher salt
½ teaspoon ground cumin
2 tablespoons extra virgin olive oil

1 avocado, sliced
1 cup halved cherry tomatoes

* To prepare the yucca, peel it and remove the fibrous core.
Chop yucca into about 2 inch pieces and rinse under cold water.

Instructions

1. Place yucca in a large pot and cover with 8 cups of cold water. Add ½ cup chopped onion, smashed garlic and 1 tablespoon salt. Bring to a boil, cover and reduce heat to a simmer, cook for about 30 to 45 minutes or until fork tender. Strain mixture and rinse under cold water. Discard garlic and onion and place yucca on a baking sheet tray to dry. Set aside.
2. Meanwhile, in a large bowl, combine cabbage, cucumber, bell pepper, celery, cilantro (reserving 2 tablespoons for garnish), lime juice, 1/4 cup diced onion, jalapeno, minced garlic, 1 teaspoon salt and cumin.
3. Heat olive oil in large nonstick skillet over medium high heat. Once hot, add in the yucca and sauté until lightly browned.
4. To serve, drain and reserve excess juice from the slaw. Place slaw on a plate, top with yucca, sliced avocado, tomato and remaining cilantro. Drizzle with reserved juice.

Nutrition Information

Serving Size: ⅓ of recipe

Calories: 402
Total Fat: 8.2 g
Saturated Fat: 1.2 g
Monounsaturated Fat: 5.5 g
Polyunsaturated Fat: 1.0 g
Sodium: 345 mg
Total Carbohydrate: 78 g
Dietary Fiber: 7.3 g
Sugars: 4.6 g
Protein: 5.0 g

Source: Chef Wes Davis



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