



SNACK
OR
BREAKFAST

THE BEST BAKED "FRIES"

INGREDIENTS

- a bunch of jicama, yuca, plátano macho or just any sort of potatoes
- 2 Tbsp olive oil
- 1 tsp salt
- 1 tsp smoked paprika
- 1 tsp garlic powder
- 1/2 tsp cayenne pepper
- freshly ground black pepper
- 1/2 ground cinnamon (optional, esp. for plátanos)

PREPARATION

1. Prepare all the ingredients.
2. Heat the oven to 220°C.
3. Slice the veg in size of "fries" and put them in a big bowl. Add olive oil and all the spices and massage very well so they are coated evenly. In case of plátanos, a pinch of cinnamon goes very well.
4. Place the "fries" on a tray with baking paper and roast for about 20min - depends on the type of veg, but when the corners are nicely brown and crispy, they are ready.
5. Serve with some leafy greens & veg salad.