

Yuca Fries with Cilantro-Avocado Ranch Dip

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1 pound (3 cups) frozen yuca
plastic wrap
nonstick cooking spray
1/2 teaspoon salt
1 tablespoon extra-virgin olive oil
1/2 teaspoon pepper
1 teaspoon granulated garlic
2 medium avocados, peeled and pitted
1/2 bunch fresh cilantro
juice of one lime (two tablespoons)
1 cup sour cream
1 packet (one ounce) ranch dry seasoning
2 cloves garlic
1 tablespoon extra-virgin olive oil
1 teaspoon salt
1 teaspoon pepper

Preheat the oven to 450 degrees.

Place the yuca in a large microwave-safe bowl with two cups of water. Cover with plastic wrap. Microwave on HIGH for 8 to 10 minutes to soften. Drain the yuca and set aside to cool. Juice the lime (two tablespoons).

Coat two baking sheets with cooking spray. Dry the yuca with paper towels to remove any excess water. Cut the yuca lengthwise into spears. Place the yuca in a large bowl. Add one tablespoon of oil, 1/2 teaspoon of salt, 1/2 teaspoon of pepper and the granulated garlic. Toss to coat. Arrange the yuca spears in a single layer on the prepared baking sheets.

Bake for 20 minutes until golden brown, turning halfway through the cook time.

In a food processor, place the avocados, cilantro, lime juice, sour cream, ranch seasoning, garlic cloves, olive oil, salt and pepper. Puree until smooth. Serve with the yuca fries.

Per Serving (excluding unknown items): 1405 Calories; 137g Fat (83.2% calories from fat); 16g Protein; 46g Carbohydrate; 11g Dietary Fiber; 102mg Cholesterol; 3364mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 1 1/2 Fruit; 1/2 Non-Fat Milk; 27 Fat.