

# JICAMA & YUKON GOLD POTATO FRIES



A DELICIOUS & EASY way to make fries from your favorite root vegetable!

## INGREDIENTS



MaryRuth's Ice Pressed<sup>®</sup>  
Extra Virgin Olive Oil



Jicama



Yukon Gold Potatoes



Dill Weed



Pink Sea



Dried Parsley



Garlic Powder



Dried Chives

## INSTRUCTIONS

1. Fill up a pot of water and place it on the stove to boil.
2. Peel and slice your jicama or potatoes into matchstick-size pieces. The smaller the fries the crispier the surface area will be!
3. Pour olive oil into a bowl and add all seasonings. Stir to combine.  
Tip: This makes a delicious dressing for salads, too!
4. Once water is boiling, pour in your jicama or potatoes. Boil potatoes for 3 minutes or jicama for 10 minutes.
5. Strain your jicama or potatoes and then mix with olive oil dressing.
6. Bake your fries in the air fryer or convection oven at 400 for about 10 minutes.
7. Serve and enjoy!