

Cassava (Yuca)

Key Points

- For the best buy, cassava skin should be free of cracks and the inside should be white.
- To prepare cassava, peel away the skin and remove the tough string-like fiber throughout its middle section.
- To keep fresh, store cassava in a dry place or freeze pre-cut cassava for up to 2 weeks.
- Cassava contains vitamin C, which is good for fighting colds and healing cuts.



Cassava Vegetable Soup

Ingredients:

1 cassava, cut into chunks
1 potato, cut into chunks
4 cups low-sodium chicken broth
2 celery stalks, chopped
1 onion, chopped
2 carrots, chopped
2 garlic cloves, minced
Salt and black pepper, to taste

Directions:

1. In medium pot, add cassava to 6 cups boiling water. Cook for about 15 minutes or until slightly soft.
2. Drain water and set cassava aside.
3. In large pot, add 4 cups of water and potatoes. Bring to a boil.
4. Add chicken broth and turn heat down to medium-low.
5. Add remaining vegetables and garlic.
6. Cook for 10 minutes or until vegetables feel slightly soft.
7. Add salt and pepper to taste. Serve hot and enjoy!
8. Refrigerate leftovers.

Makes 6 servings.

Boiled Cassava with Garlic Lime Sauce

Ingredients:

2 cassava, cut into chunks
1/2 tablespoon vegetable oil
4 cloves garlic, minced
1/3 cup lime juice
1/3 cup chicken or vegetable broth
Salt and black pepper to taste
1 onion, sliced thin

Directions:

1. In medium pot, add cassava to 6 cups boiling water. Cook for about 15 minutes or until slightly soft. Leave the cassava in the water to stay hot.
2. In separate medium pot, heat the oil over medium heat. Add the garlic and cook until just beginning to brown.
3. Do not let garlic burn.
4. Add the lime juice and broth to the pot.
5. Boil sauce for 2 minutes.
6. Add salt and pepper to taste.
7. Drain the cassava.
8. Place cassava on a plate, and put onion slices on top.
9. Pour the sauce over the onions and cassava. Serve and enjoy!
10. Refrigerate leftovers.

Makes 4 servings.

Quick Tips

- For a healthy snack, make cassava chips. Thinly slice cassava and bake until crispy .
- Add cut cassava to soups and stews.
- Boil cassava, then cover with garlic sauce and eat instead of white rice.
- Remember to rinse all fruits and vegetables before using.