



Baked Jicama with Yogurt Dip

Baked Jicama:

- 1 medium jicama
- 1 tablespoon olive oil
- ½ teaspoon smoked paprika
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- Pinch of cayenne
- ½ teaspoon salt

Yogurt Dip:

- 1 cup yogurt
- ¾ cup water
- 2 tablespoons lemon juice
- ½ teaspoon onion powder
- ½ teaspoon dried parsley
- ¼ teaspoon dried chives
- ½ teaspoon salt, or to taste

1. Preheat oven to 425 F. Peel jicama and cut into ¼” matchsticks. Bring water to boil in medium saucepan over medium heat. Add jicama and cook for 10 minutes until tender.
2. Drain water using a colander, transfer jicama sliced in a large bowl and toss with olive oil, paprika, garlic powder, onion powder, cayenne, and salt.
3. Place in a single layer on a prepared baking sheet. Bake for 30 - 45 minutes or until crispy, turning halfway. Delicious served with yogurt dip (see step 4) or guacamole.
4. Yogurt dip: Place all ingredients in a high-speed blender except parsley. Process until smooth and creamy, pausing blender and scraping down the sides. Pour into a medium bowl and stir in parsley. Keep refrigerated.



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Baked Zucchini Tots

- 2 cups packed shredded zucchini
- 2 large eggs
- ¾ cups shredded Italian cheese
- ½ cup crushed rice cereal such as Chex or rice puffs
- 1 ½ teaspoons Italian seasoning
- ½ teaspoon garlic powder
- Salt & pepper

1. Preheat the oven to 400 F. Shred the zucchini and measure out 2 cups tightly packed. Dump zucchini onto paper towel. Using another towel press out as much moisture from the zucchini as possible. Place drained zucchini in large bowl.
2. Crush the rice cereal into fine crumbs. Add the eggs, cheese, crushed rice, cereal, herbs, garlic, ½ teaspoon of salt and ¼ teaspoon black pepper. Mix well to combine.
3. Scoop out 1 heaping teaspoon of tightly packed portions of zucchini mixture and place on parchment-paper lined baking sheets until you’ve used all of the mixture.
4. Bake for 20-25 minutes until golden brown. Serve immediately with your favorite dipping sauce or condiment.



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