

Jicama Hashbrowns

By

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Ingredients:

1 large Jicama (Mexican sweet potato)

1 medium organic sweet onion

2 T. Olive oil

1/2 t. [Sea Salt](#)

Instructions:

1. Peel jicama and cut into wedges just small enough to fit into the [food processor](#).
2. Pell onion and cut into pieces small enough to go into the food processor with the jicama wedges.
3. Put olive oil in a large skillet and allow oil to get hot (not smoking).
4. Pour jicama and onion into hot skillet and stir to mix and to stir fry.
5. Add salt. Jicama can easily be over-salted so go easy on the salt to begin with.
6. Jicama has quite a bit of water so it will take a little while before it starts to brown. It will also shrink down as it cooks.
7. The beauty of jicama is that it is so naturally crunchy that it doesn't need to get very brown in order to have a crispy "mouth feel".
8. Serve when other items are ready.

NOTE: Jicama freezes well, either cooked or raw and shredded. I like to shred a couple in the food processor at once. I cook some of it and put the other portion on a 3/4 sheet pan lined with parchment paper and flash freeze it. When it is frozen and loose, I put it into quart-size freezer bags and put in the freezer for another meal. No need to thaw before using. Just dump the bag into a hot skillet with olive oil in it and cook as indicated in above directions.