

# Jicama Home Fries

By Fork and Beans

Yield 1 1/2 cups



Health  
Eat

## Ingredients:

- 1 cup peeled jicama. diced into small cubes
- 1/2 red bell pepper, diced
- 1/2 green bell pepper, diced
- 1/4 red onion, minced
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 1/2 teaspoon smoked paprika
- 1/4 teaspoon sea salt

## Method:

1. Place diced jicama and 1 tablespoon of olive oil in a heated non-stick skillet. Allow to sauté for 1-2 minutes. Place 1 tablespoon water, cover with a lid and allow to soften for 5-7 minutes over medium heat.
2. Remove lid and add a little more oil. Place onions and bell peppers into skillet and sauté for 5 minutes or until the jicama begins to lightly brown.
3. Add seasonings and sauté until browned to preference.