



## Baked Jicama Fries VE

Makes 4 servings

- 1 medium jicama
- ½ teaspoon turmeric
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper
- 1½ teaspoon unrefined organic coconut oil, melted

### Directions

1. Preheat oven to 400° F and line baking sheet with parchment paper.
2. Scrub, rinse, and peel the jicama. Slice into French fry-sized pieces and gently pat dry (they can remain slightly damp). Place on the lined baking sheet.
3. In a small bowl, mix together the turmeric, sea salt, and black pepper. Set aside.
4. Drizzle the melted coconut oil over the jicama. Gently toss to coat. Sprinkle the spice mixture over the jicama and gently toss again until the jicama is evenly coated. Spread out the jicama in a single layer on the baking sheet.
5. Bake for 40 minutes (or until it reaches the desired texture). Halfway through cooking time, flip jicama fries to brown evenly.

#### Nutrition (per serving):

Calories: 79  
Fat (g): 2  
Sat. Fat (g): 2  
Chol (mg): 0  
Sodium (mg): 124  
Carb (g): 15  
Fiber (g): 8  
Protein (g): 1

#### ReNew Food Plan (per serving):

ns Veg: 2.5  
Fats & Oils: 0.5



## Roasted Radishes V VE VL *(depending on the type of cooking fat used)*

Makes 4 servings

- 4 cups radishes (about 3 bunches), trimmed and quartered
- 2 tablespoons ghee or unrefined coconut oil, melted
- ½ teaspoon salt

### Directions

1. Preheat the oven to 375° F. Line a rimmed baking sheet with parchment paper or silicone liner for easier cleanup.
2. In a small bowl, toss the radishes with the melted ghee.
3. Spread in a single layer on the prepared baking sheet and sprinkle with the salt.
4. Roast for 20 to 25 minutes, until the radishes are fork-tender and start to turn golden brown.

**Tips:** Roasted radishes have a texture that is similar to potatoes. Daikon radishes can be used in place of regular radishes to enhance nutritional density and support detoxification. If using ghee, select a brand made with organic butter from grass-fed cows.

### Nutrition (per serving):

Calories: 84  
Fat (g): 7  
Sat. Fat (g): 4  
Chol (mg): 17  
Sodium (mg): 266  
Carb (g): 4  
Fiber (g): 2  
Protein (g): 1

### ReNew Food Plan (per serving):

Fats & Oils: 1.5  
ns Veg: 1