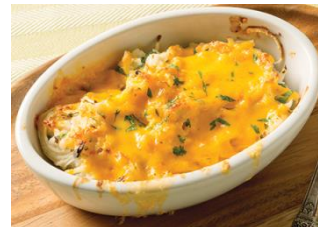




Jicama “Hash Brown” Casseroles

By Mary Reilly

Servings: 2



Ingredients	Nutrient value per serving Serving Size = 1 c.
cooking spray 2 c. jicama, peeled and grated with the large holes on a box grater 2 T. onion, grated ½ c. fat-free sour cream ½ t. salt ¼ t. ground pepper 1 T. flat-leaf parsley, minced pinch cayenne pepper, optional ¼ c. (about 2 oz.) grated light sharp cheddar	Exchanges 1 starch 1 milk 1 vegetable 1 protein ½ fat Calories..... 145 Calories from Fat 17 Total Fat..... 2 g Saturated Fat 1 g Cholesterol..... 12 mg Sodium..... 356 mg Carbohydrate 22 g Fiber..... 6 g Sugar 3 g Protein 10 g
Instructions	Notes
<ol style="list-style-type: none"> 1. Preheat broiler. Spray two 6-8 oz. baking dishes with cooking spray, and set aside. 2. Spread the jicama out on a microwave-safe plate. Spray with cooking spray. Microwave at high power for 5 min., or until the shreds of jicama to start to soften. 3. In a medium bowl, stir together the jicama, grated onion, sour cream, salt, pepper, parsley and cayenne, if using. Spoon mixture into baking dishes, dividing equally. Sprinkle each dish with 2 T. cheddar. 4. Broil for 3-5 min., until top is bubbling and golden. 	<p>Prep and cook time: 20 min.</p> <p><i>GLUTEN-FREE recipes are prepared without any wheat, barley, rye or triticale. Check the label on each ingredient to make sure the brand you are using does not contain these items in any form (flour, bread, stuffing, bran germ, malt, starch, etc.).</i></p> <p>Note: All exchange values are approximate. When an optional or additional ingredient is offered, exchange values may change.</p> <p>If you have dietary restrictions, always check the ingredients list on packaged foods to make sure they do not contain wheat or animal products.</p>