

Yucca and Yautía Patties

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Serves: 5 People

Yield: About 10 Arepas

Time: 1:15 hours

Ingredients

1 large yautia, peeled and roughly chopped
1 medium yucca, peeled and roughly chopped
½ cup of low-fat mozzarella or cheddar
cheese, grated
2 eggs
2 tablespoons of canola oil
Sea salt to taste

Directions

- ✦ Preheat oven to 400° Fahrenheit. Coat a baking sheet with cooking spray or line with parchment paper.
- ✦ Bring a medium pot of water with a pinch of salt to boil. Once boiling, add yucca and yautia and cook for about 30 minutes or until soft. Drain and mash the yucca and yautia in the pot. Allow mashed mixture to cool.
- ✦ Once the mashed mixture is cool, add cheese, eggs and salt and mix together thoroughly with a spoon.
- ✦ Form mashed mixture into 10 round patties and place on prepared baking sheet. Brush tops with oil.
- ✦ Oven “fry” for about 20 minutes until golden then flip to cook other side about 3 minutes.
- ✦ Serve hot.

Did You Know?

Oven frying is a healthier way to cook than deep frying because it uses less oil and the food item is not submerged in fat. Choose canola oil because it is very low in saturated fat and can reduce heart disease risk.

