

Yuca is a starchy root vegetable known for its earthy, nutty flavor. Also known as cassava or manioc, it has a texture similar to a potato, and a single serving is an excellent source of Vitamin C. Grown by indigenous Latin American populations for thousands of years, it thrives in the tropics and is also popular in West and Central Africa and Southeast Asia. If buying fresh, the brown outer layer must be removed; frozen yuca is typically sold peeled. Both fresh and frozen yuca need to have their fibrous core removed before eating.

01
Crispy Dipper

Boil peeled yuca until fork-tender, about 15-20 minutes. Pat yuca dry, separate into slices and place into an air fryer at 375°F until the outsides are golden brown. Serve with chimichurri or hummus with a squeeze of lime juice.

02
Mashed

Boil slices of peeled yuca until fork tender. Mash with fresh garlic and spices. Serve with leafy greens and a piece of baked fish or poached eggs.

03
Savory Pie Crust

Add mashed yuca to the base of a pie plate as a crust for a breakfast egg bake.

04
Fufu Style

Fufu is a traditional West and Central African food prepared from starchy vegetables. Blend slices of one yuca and one unripe plantain with ¼ cup of water until smooth. Place batter in a pot over medium heat, stirring continuously until a heavy paste forms. Using wet hands, shape the fufu into individual round balls and enjoy with peanut soup.

05
Soup & Stews

Add yuca to soups and stews, like Columbian sancocho.

06
Latin American Sauced

Yuca con Mojo is a popular side dish in Latin America. Boil cubes of peeled yuca about 20-30 minutes. Prepare sauce by sautéing garlic, olive oil, red onions, cilantro, adobo and lime juice until softened. Toss yuca with the sauce and serve with grilled fish.

07
Dessert

Pichi pichi is a steamed Filipino dessert made with grated yuca. Combine equal parts yuca and water with half a part of sugar in a bowl,and mix thoroughly. Steam mixture in a glass baking dish until translucent – about 20 minutes. Slice into squares and serve with grated coconut.

08
Pancakes

Substitute yuca (cassava) flour in pancake and waffle recipes to add a bouncy texture.

Note: you may need to add extra moisture as yuca flour is denser.

09
Cheese Balls

Combine mashed yuca with egg yolk, parsley, garlic and olive oil. Place a spoonful of mixture in the palm of the hand and flatten, place a piece of traditional cheese in the center and cover in yuca mixture. Broil on high until golden brown for a baked version of the Dominican bollito de yuca.

10
Patty Style

Bammy is a Jamaican yuca patty. Grate yuca and squeeze liquid to remove. Combine yuca shreds with a pinch of salt. On a skillet with olive oil, place yucca in patty shape and flatten. Cook 2-3 minutes per side. Soak in coconut milk and serve with a fish stew.

11
Sheet Pan

Boil yuca for 15 minutes, then toss with olive oil, garlic, paprika and cumin and bake at 400°F for 30 minutes. Serve with lime juice, salt and pepper.

12
Shredded

Use shredded yuca in place of shredded zucchini or potato in your favorite fritter or breakfast hash recipe.

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