

Yucca and Vegetable Stir-Fry

INGREDIENTS 20 MINUTES 2-3 SERVINGS

- 2 cups **cooked** Yucca, cubed
- 1 cup mixed vegetables (broccoli, carrots, bell peppers, etc.), sliced
- 1 small onion, sliced
- 2 cloves garlic, minced
- 2 tablespoons soy sauce
- 1 tablespoon olive oil
- Salt and pepper to taste



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- 2 tablespoons soy sauce
- 1 tablespoon olive oil
- Salt and pepper to taste



PROCEDURE

1. Heat olive oil in a skillet or wok over medium heat.
2. Add the minced garlic and sliced onion, sauté until fragrant and onions turn translucent.
3. Add the Yucca cubes and mixed vegetables to the skillet. Stir-fry for 5-7 minutes or until the vegetables are crisp-tender.
4. Stir in the soy sauce and season with salt and pepper to taste.
5. Continue cooking for another 2-3 minutes, stirring occasionally.
6. Remove from heat and serve the Yucca and vegetable stir-fry as a nutritious and budget-friendly meal.

Note: It's important to cook Yucca thoroughly to neutralize any potential toxins. Raw Yucca contains cyanogenic glycosides, which can be converted into cyanide if not properly cooked. However, when cooked, Yucca is safe to consume and offers a delicious taste and texture in various dishes.



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