

Yuca Mash with Corn and Peas

50 minutes * Makes 8 cups (Forks over Knives)

½ tsp. baking soda

4 lb. yuca, peeled and cut into 1 inch pieces

1 cup chopped onion

4 cloves of garlic minced

¼ tsp ground turmeric

1 cup fresh or frozen green peas

1 cup fresh or frozen corn

2 tbsp lemon juice

½ tsp sea salt

Freshly ground black pepper to taste

1 tbsp chopped fresh chives

In a pot combine baking soda and 16 cups water; bring to boiling. Add yuca and cook uncovered, about 10 minutes or until yuca is tender; drain. Transfer yuca to a large bowl and mash. Cover to keep warm.

Meanwhile in a large skillet combine onion, garlic, and turmeric. Cook over medium-low 10 minutes, stirring occasionally. Stir in the next five ingredients (through pepper). Cook 10 minutes more, stirring occasionally.

Add vegetables to bowl with yuca; stir to combine. Serve warm, sprinkled with chives.

