**ROASTED CASSAVA**

**Ingredients:**

* 1 lb. frozen yuca or cassava
* 4 TBSP olive or avocado oil
* 1 tsp garlic powder
* 1 tsp onion powder
* 1 tsp dried thyme
* Sea salt
* Pepper

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**Directions:**

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1. Preheat oven to 400 degrees
2. In a large pot with salted water cook yuca for 15 minutes. Drain and set aside.
3. In a medium bowl mix oil, spices, salt and pepper. Add the yuca to the mixture tossing to coat.
4. Arrange yuca in a single layer on a cookie sheet and bake for 30-40 minutes or until yuca is a golden brown.