

# RECIPE OF THE WEEK

## Ideal Protein Chili Cheese Fries

### Ingredients

- 1 packet Ideal Protein Vegetable Chili
- 1 packet Ideal Protein Cheese Sauce
- 1 large Jicama (Turnip or Rutabaga can do as well)



### Preparation

1. Cut your Jicama into fry-like strips, if the Jicama is big enough you will end up with about four cups of it (i.e. your daily veggies amount)
2. Season Jicama and then soak it in Olive Oil for 30 minutes in the fridge
3. While letting your Jicama soak, preheat your oven to 375°
4. Once the Jicama soaks, put it on a sprayed baking sheet and put in the oven for 30 minutes
5. After 30 minutes, check your Jicama and flip if necessary.
6. Keep it in the oven until you have the desired texture. Longer baking yields less "Apple Texture."
7. While the Jicama is getting ready, prepare vegetable chili and cheese sauce
8. You can add an ounce of milk to make the cheese sauce creamier and let simmer for a little longer than it says in the directions
9. Now take your Jicama out of the oven, pour Ideal Protein Vegetable Chili over the fries, and then coat with the Cheese Sauce.
10. Enjoy!

