

NAME: Cassava Nachos

INFO: A great alternative to traditional nachos, crispy cassava chips with all the toppings.
Grain Free, Lectin Free, Sugar Free.

INGREDIENTS:

Yield: 6 to 8

Chips

2 medium Cassava

¼ cup Organic Olive Oil

Himalayan Salt (to taste)

Topping

1 ½ cups French Cheddar Cheese (grated)

¾ cups French Brea (chopped into little cubes)

1 large - Portobello Mushrooms (cut into ¼ cubes)

1 large Avocado (diced into 1/4" cubes)

¾ cup Sliced Black Olives

1 large Onion - Carmelized Onions

1/8 tsp Piri Piri (for above Carmelized Onions)

6 to 8 Green Onions or Chives

¼ cup Cilantro

DIRECTIONS:

Chips

Preheat oven to 400

Peel cassava slice thinly approximately 1/16" with madoline of sharp knife, (be careful) also be aware sometime cassava can be a little brittle, if some of it falls apart then slice what you can by hand, also the small pieces can still be baked.

Once sliced using a large bowl put cassava slices in a bowl of ice water for 35 to 45 minutes. This eliminates some of the starch. Remove from water and lay on paper towel to air dry.

Once cassava chips are semi dry put in in bowl add olive oil and salt and toss till all is nicely covered with oil.

Using to 2 large baking sheets heated (two allows for more space to be able to turn and bake better), put cassava chips on baking sheets and put into oven. Cook for around 30 to 40 minute but keep a good watch on them and turn them every 5 minutes. Goal is for them to get nut and crispy and toasted.

Nachos

Preheat oven to 350

Caramelize onions adding Piri Piri , sautéed mushrooms in olive, salt & pepper) till browned, set both aside.

In an oven safe dish start adding ingredients in a layered fashion, add half of the chips, ½ of the cheeses, mushrooms, olives, caramelized onions, second ½ of the chips then again top with cheeses, mushrooms, olives, caramelized onions.

Put into oven and cook for around 10 to 15 minutes or until all is melted. Take out of oven and top with avocado, cilantro and green onions and serve.