

Jicama, pronounced 'hicama', is a sweet root vegetable with the consistency similar to raw potato or pear and most commonly eaten raw.

Cheeze Pierogies

Half-moon shaped bites of rich cashew cheese in a delicate jicama shell.

For the cashew cheese filling:

- ¼ cup fresh lemon juice
- ¼ cup soy sauce (Bragg's or Tamari)
- ¼ red pepper
- 2-3 cloves garlic, peeled and crushed
- 1½ cup raw cashews, macadamia nuts, pine nuts, or a combination

For the pierogie shell:

- 1 jicama, peeled and sliced* very thinly into rounds

In a food processor, combine all of the filling ingredients and blend until the resulting cashew cheese is uniform and smooth. Using a spoon, place a small dollop of the cheese in the centre of one of the jicama slices. Fold the jicama in half, creating a half-moon shape. The edges of the jicama should stick together and create a seal. Repeat until all the jicama and cheese are used.

* I use a mandoline slicer to shave the jicama thinly enough to fold in half. If not using the mandoline, I slice as thinly as possible with a sharp knife and simply use the slices as a 'chip' and the filling as 'dip'.

Source: [RawVolution](#), by Matt Amsden

Raw Jicama Fries

- 1 large jicama, cut into fry-like pieces
- 1 Tbsp olive oil
- 1 Tbsp paprika
- 1 Tbsp onion powder
- 1 tsp chili powder
- Celtic sea salt, to taste

Toss all ingredients together in a large bowl until fries are covered.

Enjoy with friends at a BBQ!

Source: [Renegade Health blog](#), Kevin & Ann-Marie Gianni