



Cassava

Health Benefits of Cassava

Cassava, also known as yuca, is a root vegetable native to South America. Similar to a potato, it can be eaten whole or ground into flour. Unlike potatoes, cassava must be cooked before consuming.

1/2 cup cooked cassava provides:

- 192 calories, 1.5 gm protein, 2 gm fiber, 3 gm fat, no cholesterol

Potential benefits of cassava:

- Excellent source of vitamin C that enhances immunity
- Good source of copper for energy production, iron metabolism
- Provides resistant starch which helps regulate blood sugars, feeds healthy gut bacteria and promotes digestive health
- Higher in calories than white or sweet potato. Enjoy in moderation
- The extracted starch is called tapioca, used for thickening
- Peel, chop and soak in water 48 hours in fridge. Then boil, roast or bake
- Use as you would potatoes. Toss cubed, cooked cassava in salad, stir fries, omelets or soup. Grate for making cake or puree or mash. Use flour for cakes, crackers, pancakes or tortillas



Brought to you by the Coos County Food and Nutrition Group, Advanced Health and OSU Extension Family and Community Health.



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