

Coconut Cassava Mash

Cassava, also known as yucca, can be found at many Asian or Latino markets. Paired with ripe plantains and coconut milk, this hearty side is naturally sweet and creamy.

Makes: 6 servings

Source: <https://eatfresh.org/recipe/side-dish/>

Ingredients

- 2 Cassava medium fresh or frozen, about 1 pound
- 3 Plantains medium-ripe, or 4 Plantains Green (under-ripe)
- 1 1/2 cups Coconut Water 12 ounces
- 1/4 cup Coconut Milk
- 1/2 teaspoon Salt

Directions

1. Peel fresh cassavas with a sharp knife, or thaw frozen ones completely. Cut them into large chunks.
2. Place cassava in a pot, and add water until the cassava is half covered. Bring to a boil; cover tightly, and cook for 10 minutes.
3. Stir in the plantain, coconut water, coconut milk, and salt. Bring to a boil. Then, reduce heat to low. Simmer uncovered until cassava is soft and water absorbed, 20 to 25 minutes. Stir a few times.
4. Mash them to desired smoothness, and serve warm.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 Cup

Nutrients	Amount
Calories:	251
Total Fat:	2.5 g
Saturated Fat:	2 g
Cholesterol:	0 mg
Sodium:	242 mg
Total Carbohydrates:	58 g
Dietary Fiber:	5.5 g
Total Sugars:	17 g
Added Sugars:	0 g
Protein	3 g

Utensils Needed

- Sharp knife
- Cutting board
- Measuring cups
- Measuring spoons
- Medium pot with lid
- Stovetop
- Fork or potato masher

SHOPPING LIST

Average total cost without oil and seasonings: \$12.02

Average cost/serving: \$2.00

Recipe Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 2 to Cart
Cassava, Fresh 1 lb.



Add 3 to Cart
Plantains, Medium-ripe



Add 1 to Cart
Coconut Water, 12 ounces



Add 1 to Cart
Coconut Milk, 8 ounces

SAVE TIME, SAVE MONEY

My Cooking Notes

Chef's Tips

- For faster cooking, look for grated cassava in the freezer section of Asian or Latino markets. Omit steps 1 and 2.
- Substitution Tip: In place of all or some of the cassava, try sweet potatoes, taro root, breadfruit, carrots, or parsnips.
- Consider using light and unsweetened coconut milk to decrease saturated fat and omit added sugar.

Similar Recipes

- Save money by reusing some of these ingredients in other recipes found on snapedny.org, such as:
 - Oven Fried Plantains
 - Curried Potatoes and Red Lentils