

Jicama Salad

(Wonderfully refreshing and perfect along Mexican dishes)

Serves 4

Ingredients

- 1 large jicama (about 1 1/2 pounds), peeled, then julienned or cubed (easiest to work with if you cut the jicama in half first)
- 1/2 red bell pepper, finely diced
- 1/2 yellow bell pepper, finely diced
- 1/2 green bell pepper, finely diced
- 1/2 cup chopped red onion
- 1/2 a large cucumber, seeded, chopped
- 1 navel orange, peel cut away, sliced crosswise, then each round quartered
- 1/2 cup chopped fresh cilantro
- 1/3 cup lime juice
- Pinch of cayenne
- Pinch of paprika
- Salt



http://www.simplyrecipes.com/recipes/jicama_salad/

Directions

1. Toss together the jicama, bell peppers, red onion, cucumber, orange, and cilantro in a large serving bowl. Pour lime juice over all. Sprinkle with a pinch of cayenne and paprika. Season with salt to taste.
2. Let sit a half an hour before serving.

Nutrition Facts

Serving Size 4

Amount Per Serving

Calories 106

% Daily Values*

Total Fat 0g **0%**

Saturated Fat 0g **0%**

Trans Fat 0g

Sodium 10mg **0%**

Total Carbohydrate 25g **8%**

Dietary Fiber 10g **40%**

Sugars 9g

Protein 2g **4%**

*Percent Daily Values are based on a 2,000 calorie diet.