

Jicama Salad

6 Servings • 1 Serving = ¼ Cup



INGREDIENTS

- ½ jicama
- 1 cucumber
- 2 cups cherry tomatoes
- 2 Tablespoons rice vinegar
- 2 Tablespoons honey
- 2 Tablespoons orange juice (fresh or from carton)
- ½ teaspoon salt
- 3 Tablespoons olive oil

DIRECTIONS

1. Peel jicama and dice into ¼ inch cubes. Add to a large bowl.
2. Cut cucumbers into quarter moons and add to the bowl.
3. Cut cherry tomatoes in half and add to the bowl.
4. In a small bowl or mason jar, combine rice vinegar, honey, orange juice, and salt in a bowl.
5. While whisking the dressing, drizzle in the olive oil.
6. Toss jicama, cucumbers, and tomatoes in dressing. Refrigerate for two hours before serving to let the flavors combine.

Nutrition Facts	
servings per container	
Serving size	(179g)
Amount per serving	
Calories	120
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 280mg	12%
Total Carbohydrate 16g	6%
Dietary Fiber 4g	14%
Total Sugars 11g	
Includes 6g Added Sugars	12%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 1mg	5%
Potassium 285mg	6%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Recipe developed by San Antonio Independent School District - Child Nutrition Services

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