



## Jicama Salad

This light and fresh salad goes well with almost any dish!

<u>U.S.</u>		<u>Metric</u>
1 each	Jicama, peeled, thin julienne	1 each
1/4 each	Red Onion, thin julienne	1/4 each
5 each	Radishes, thin julienne	5 each
1 each	Apple, Green, thin julienne	1 each
3 each	Limes, zested, and juiced	3 each
1/4 cup	Cilantro, fresh, chopped	14.4 g
1/8 tsp	Salt, Kosher	0.75 g
to taste	Black Pepper, ground	to taste
1/4 tsp	Chili Powder	0.7 g

### Preparation:

1. Gather all ingredients and equipment.
2. In a medium mixing bowl, add the lime, cilantro and spice, whisk together.
3. Add the apple, jicama, radishes and red onion, then mix to incorporate.
4. Allow the salad to chill for 10 minutes prior to serving and enjoy!

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### Nutrition Facts

<b>Serving size</b>	<b>1 cup</b>
<b>Servings</b>	<b>4</b>
<b>Calories</b>	144
Calories from Fat	0
Total Fat	0 g
Saturated Fat	0 g
Trans Fat	0 g
Monounsaturated Fat	0 g
Cholesterol	0 mg
Sodium	139 mg
Carbohydrates	35 g
Dietary Fiber	16 g
Sugars	9 g
Protein	3 g
Vitamin A	61 %
Calcium	4 %
Vitamin C	100 %
Iron	11 %

Phosphorus 0 mg

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