



## Mirliton Jicama Slaw

Serve as a side or as a burger topping!

<u>U.S.</u>		<u>Metric</u>
1 each	Mirliton, or Cheyote Squash, julienne	1 each
1 each	Gala Apple, julienne	1 each
1/2 each	Jicama, julienne	1/2 each
2 each, small	Red Onion, julienne	2 each, small
2 Tbsp	Shallot, small dice	20 g
3 Tbsp	Oregano, fresh, minced	10.8 g
3 Tbsp	Lemon Juice	45 mL
1/2 each	Lime, juiced	1/2 each
1 Tbsp	Apple Cider Vinegar	15 mL
1 1/2 tsp	Creole Mustard	7.5 g
1/2 tsp	Salt, Kosher	3 g
2 tsp	Sugar	8.3 g
1/4 cup	Olive Oil	59.2 mL

### **Preparation:**

1. Gather all ingredients and equipment.
2. Combine mirliton, apple, jicama, and red onion in a mixing bowl and set aside.
3. Combine the shallt, oregano, lemon juice, lime juice, mustard, salt, sugar, and olive oil in a single serving blender. Blend for 15 seconds.
4. Add the dressing to the mixing bowl. Combine, and let marinate for at least 20 minutes.
5. Serve chilled

**\*\*Nutrition Facts on Reverse**

---

**Nutrition Facts****Serving size**                    **1/2 cup**  
**Servings**                            **15****Calories**                            58  
Calories from Fat                33Total Fat                                3.7 g  
Saturated Fat                        0.5 g  
Trans Fat                                80 g  
Monounsaturated Fat            0 g  
Cholesterol                            0 mg  
Sodium                                 81 mg  
Carbohydrates                      6 g  
Dietary Fiber                         2 g  
Sugars                                 3 g  
Protein                                 0.4 gVitamin A                               1 %  
Calcium                                1 %  
Vitamin C                              9 %  
Iron                                     4 %  
Phosphorus                          0 mg

---