



# TASTE OF THE SEASON...

# J I C A M A

## Jicama, Cucumber and Pineapple Salad (24 –1/2 cup Servings)

- 2 Limes
- 2 Medium Cucumber, Peeled
- 40 oz. Pineapple tidbits
- 4 Red Delicious Apples
- 1 Tablespoon Pepper,
- 1 Tablespoon Paprika
- 1 Tablespoon Salt
- 2 Lbs. Jicama

1. Cut Jicama, Cucumbers and Apples into cubes and place into a mixing bowl.
2. Squeeze fresh lime juice over vegetables and fruit mixture.
3. In a small bowl mix seasonings. Sprinkle over the vegetables and fruit mixture. Serve Chilled.

**Jicama (pronounced Hee-ca-ma)** is sweet, juicy and crisp, perfect as a snack vegetable. Cooked lightly it becomes milder but retains its crispness, like a water chestnut.

- Try jicama and raw carrots with low-fat dip for a tasty and healthy snack.

### Storage Tips:

- ✓ Once purchased, store jicama for up to two weeks in a plastic bag in your refrigerator.

### Purchasing Jicama

- Select tubers that are firm and have dry roots.
- Make sure that the jicama has an unblemished skin and no bruises.

## Nutrition Facts

Serving Size 1 cup slices 120g (120 g)

Amount Per Serving	
<b>Calories</b> 46	Calories from Fat 1
<b>% Daily Value*</b>	
<b>Total Fat</b> 0g	0%
Saturated Fat 0g	0%
Trans Fat	
<b>Cholesterol</b> 0mg	0%
<b>Sodium</b> 5mg	0%
<b>Total Carbohydrate</b> 11g	4%
Dietary Fiber 6g	24%
Sugars 2g	
<b>Protein</b> 1g	
Vitamin A	1% • Vitamin C 40%
Calcium	1% • Iron 4%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

[www.NutritionData.com](http://www.NutritionData.com)



## Jicama Facts



- Jicama is sometimes called a Mexican potato or yambean.
- Jicama is a good source of fiber.
- Jicama is 85% water.
- Arrowroot, a common cooking thickener, is made from jicama.
- Jicama looks like a large radish.
- It is usually eaten raw with lemon juice and chili powder or it can be dipped in salsa.
- When cut open, it does not discolor.
- Jicama is grown on a vine in very warm climates such as that found in Mexico and Central America.
- In contrast to the root, the remainder of the jicama plant is very poisonous.

