Jicama Salad

Source: Saladmaster®

This salad comes together quickly for an easy lunch option! Serve over quinoa, farro, or another hearty whole grain.

About the Recipe

171 Calories · 3.6 g Protein · 17.6 g Fiber
Lunch
Gluten-free · Nut-free

Optionally serve with quinoa for gluten-free option.

Ingredients

Makes 4 Servings

- 1 large jicama, cut into strips
- 1/2 red bell pepper, finely diced
- 1/2 yellow bell pepper, finely diced
- 1/2 green bell pepper, finely diced
- 1/2 red onion, finely diced
- 1/2 cucumber, finely diced
- 2 navel oranges, peeled and cut into bite-size pieces
- 1/2 c (1 bunch) fresh cilantro, chopped
- 1/3 c (80 mL) lime juice
- pinch cayenne pepper
- pinch paprika
- to taste iodized salt

Directions

1. In a large bowl, toss together jicama, bell peppers, red onion, cucumber, orange, and cilantro.
2. Pour lime juice over mixture and sprinkle with a pinch of cayenne pepper and paprika.
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4. Season with salt to taste and let salad marinate for 30 minutes before serving.

Nutrition Facts

Per serving:

Calories: 171

Fat: 0.5 g

Saturated Fat: 0.1 g

Calories From Fat: 2.6%

Cholesterol: 0 mg

Protein: 3.6 g

Carbohydrate: 40.7 g

Sugar: 14.6 g

Fiber: 17.6 g

Sodium: 163 mg

Calcium: 78 mg

Iron: 2.2 mg

Vitamin C: 162.1 mg

Beta-Carotene: 606 mcg

Vitamin E: 1.9 mg