Jicama Salad

Jicama is a popular Latin American vegetable that tastes similar to an apple or a pear. The cilantro and lime juice give this recipe an added Latin flavor.

1 large jicama, peeled and thinly sliced
1 small red onion, peeled and thinly sliced
2 tablespoons finely chopped cilantro
2 tablespoons finely chopped mint
3 tablespoons lime juice
1 teaspoon salt

1. Arrange jicama and red onion slices on a serving plate.
2. Sprinkle with salt, lime juice, mint and cilantro.

Makes 4 servings

Preparation time: 10 minutes

Per serving:

- Calories: 130kcal
- Fat: 0g
- Sodium: 600mg
- Carbohydrates: 29g
- Fiber: 15g
- Protein: 3g

Source: Fruits and Veggie More Matters®