

Jicama Salad



Makes:

8 servings

Utensil:

Saladmaster Food Processor
large mixing bowl

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Recipe:

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- 1/2 yellow bell pepper, finely diced
- 1/2 green bell pepper, finely diced
- 1/2 red onion, strung, use Cone #2
- 1/2 cucumber, strung, use Cone #2
- 2 navel oranges, peeled and sliced into bite sized pieces
- 1/2 cup
fresh cilantro, chopped

(8

9)

- 1/3 cup
lime juice

(80

mL)

pinch of cayenne pepper

pinch of paprika

salt, to taste

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 cayenne pepper and paprika.
3. Season with salt and let salad marinate for 30 minutes before serving.

Tips:

- Add 1 avocado, chopped or sliced, if desired.

Nutritional Information per

▼ Serving

Calories: 91
Total Fat: 0g
Saturated Fat: 0g
Cholesterol: 0mg
Sodium: 46mg
Total 22g
Carbs:
Dietary Fiber: 9g

Protein: 2g
