

## Jicama Slaw (GF, CF)

Jicama, or Mexican potato or Chinese turnip, is a favorite Mexican vegetable gaining popularity in the United States. Jicama (pronounced Hee-Kuh-Muh) is a root vegetable with a sweet flavor and crunchy texture- like an apple- potato- water chestnut cross. Extremely nutritious, jicama is low in sodium, high in vitamin C, contains no fat and lots of fiber! One cup has only 45 calories.

It is available year-round. Look for a firm heavy brown “turnip”, the smaller they are the better the flavor. Stored in a cool dry place it should keep for up to 2 weeks. Once cut, wrap in plastic and refrigerate for up to one week.

Since it is delicious cooked or raw, jicama is quite versatile. Sliced or grated jicama adds a crunchy flavor to any salad. It can also be baked, boiled, and mashed like potatoes or substituted for water chestnuts in stir fry. Salsas, veggies sticks, and even dessert recipes are available. Below is one of our favorites:

- 12 oz jicama- peeled & cut into strips
- 1 small sweet onion- finely diced
- 1 carrot, grated
- 1 cucumber, chopped
- 1 cup parsley
- ½ cup apple cider vinegar
- ½ tsp dill
- 3 tbsp flax seed oil
- 3 garlic cloves, minced
- Juice of 1 lemon

In a large bowl, mix jicama, onion, carrot, and cucumber and set aside. Mix parsley, apple cider vinegar, dill, flax seed oil, garlic, and lemon juice in a jar and shake well. Pour dressing into jicama mix and toss lightly.