

Jicama Salad

Prep Time: 20 min
Makes ~4 cups

INGREDIENTS

- 1 large jicama
- 1 bell pepper, chopped
- 1/2 red onion, diced
- 1/2 cup cilantro
- 1/4 cup lime juice (from ~2 limes)
- 1/4 teaspoon of paprika
- 1 teaspoon salt
- Cayenne to taste

Optional mix-ins:

- 1/2 cucumber, diced
- 1 avocado, diced
- 1 mango, diced

DIRECTIONS



Start with clean hands!
Wash your hands with soap and water.

1. Peel off the outer skin of the jicama and discard.
2. Cut the jicama into thin strips, or shred with grater.
3. Chop or tear the cilantro into small pieces.
4. Add all ingredients to a large bowl and stir to combine.
5. For the best flavor, let sit for 30 minutes before serving. Enjoy!

Jicama (pronounce Hee-kuh-muh) is a vegetable that is often grown in Mexico and Central America. It is brown on the outside but when you peel it, it has white flesh that looks like a raw potato. It is crispy and slightly sweet and you can enjoy it raw.

