

Carrot and Jicama Salad

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes

Yield: 4 servings | Serving Size: ½ cup

Ingredients

- 2 tablespoons lime juice (about 1 lime)
- 1 tablespoon canola or olive oil
- 1 tablespoon honey
- 1½ cups shredded or grated jicama
- ½ cup shredded or grated carrot (about 1 medium carrot)
- 1 tablespoon chopped fresh cilantro

Directions

1. In a medium mixing bowl, whisk together the lime juice, oil, and honey.
2. Add the jicama, carrot, and cilantro. Toss to combine and coat with the dressing.
3. Serve right away, or chill before serving.

Nutrition Facts Per Serving: Calories: 75 | Total Fat: 4 g | Saturated Fat: 0 g
Total Carbohydrate: 10 g | Dietary Fiber: 3 g | Protein: 6 g
Sodium: 10 mg | Potassium: 115 mg

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