



Carrot, Orange, and Jicama Salad

Servings 8 | Prep time 10 mins. | Total time 10 mins.

Equipment: Medium Bowl, Small Bowl, Measuring Cups and Spoons

Utensils: Mixing Utensil for Medium Bowl, Mixing Utensil for Small Bowl, Mixing Spoons for Salad

Ingredients

3 cups jicama, (one medium, or two small jicama) peeled and cut into small pieces
1 cup carrots, peeled and coarsely grated
2 cups oranges, peeled and cut into small pieces
2 teaspoons olive or vegetable oil
2 tablespoons orange juice
1 tablespoon honey
2 teaspoons lime juice
¼ teaspoon salt

Instructions

1. Before you begin, wash your hands, surfaces, utensils, and produce.
2. In a large bowl, mix jicama, carrots, and oranges. Set aside.
3. In a small bowl, combine oil, orange juice, honey, lime juice, and salt. Mix until well-blended.
4. Pour dressing over the salad and stir lightly.
5. Serve immediately.

Nutritional Information:

Calories 120
Total Fat 2g
Sodium 140mg
Total Carbs 27g
Protein 2g