



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

1/4 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