



Carrot, Orange, and Jicama Salad

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

Equipment:

Medium Bowl
Small Bowl

Utensils:

Mixing Utensil for medium bowl and small bowl,
Mixing spoons for salad
Measuring Cups and Spoons

Ingredients

3 cups (one medium or two small) jicama,
peeled and cut into small pieces
1 cup carrots, peeled and coarsely grated
2 cups oranges, cut into small pieces
2 teaspoons olive oil OR vegetable oil
2 tablespoons 100% 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