



# Carrot, Jicama and Orange Salad



Garden Enhanced Nutrition Education

## Ingredients:

- 3 cups cut **jicama** (1/4 x 1-inch sticks, about 1 small jicama)
- 1 cup coarsely grated **carrot** (about 2 carrots)
- 2 cups bite-sized **orange** segments (any type)
- 2 teaspoons **vegetable oil**
- 2 Tablespoons **orange juice**
- 1 Tablespoons **honey** or packed brown sugar
- 2 teaspoons **lime juice**
- 1/4 teaspoon **salt**



## Directions:

1. Wash hands with soap and water.
2. In a large bowl, mix jicama, carrot and orange.
3. In a small bowl or jar with a tight-fitting lid, combine oil, orange juice, honey, lime juice and salt. Mix or shake well.
4. Pour dressing over the salad and stir lightly.
5. Serve right away.
6. Refrigerate leftovers within 2 hours.

**Servings: 8**

**Serving size: 1/2 cup**

### **Nutrition information (per serving):**

Calories: 60  
 Total Fat: 1g  
 (Saturated Fat: 0g)  
 Cholesterol: 0mg  
 Dietary Fiber: 3g  
 Sodium: 85mg

## Notes:

- ▶ Honey is not recommended for children under 1 year old.
- ▶ No jicama? Use apple, turnip or parsnip instead.
- ▶ Want to use canned mandarin oranges? One 10.5 oz. can equals 1 cup of orange segments.

Visit [FoodHero.org](http://FoodHero.org) for easy, tasty recipes.



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