

Jicama Slaw

Ingredients

- 6-1/2 oz jicama
- 4 tbsp red bell peppers
- 4 tbsp green bell peppers
- 2 tsp jalapeno peppers
- 1/3 cup carrots
- 1/8 tsp kosher salt
- 1/2 tsp mustard powder
- 1 tsp garlic, minced
- 2 tsp vegetable oil
- 3/4 tbsp apple cider vinegar
- 2 tsp lime juice
- 2-1/2 tsp orange juice
- 1/2 tsp honey
- 2 tbsp cilantro, minced

Notes

Number of Portions: 4

Serving Size: 1/2 cup

Nutrition Facts: 53 calories,
2.42 g fat, 0.35 g saturated fat,
73 mg sodium, 7.53 g
carbohydrate, 2.83 g fiber, 3 g
sugar, 0.69 g protein

Directions

1. Peel jicama with a vegetable peeler.
2. Julienne jicama, peppers, and carrots (if they are whole).
3. In a large bowl, combine all ingredients until incorporated. Refrigerate for at least 30 minutes before serving.

