



Meat Substitues

Jicama Salad

Recipe

Serves 4- 6

Ingredients

- ◆ 1 jicama, julienned
- ◆ 1 large American cucumber, peeled, deseeded and sliced
- ◆ 2 tomatoes, deseeded and diced
- ◆ ¼ cup diced red onion
- ◆ 3 tablespoons fresh lime juice
- ◆ 2 tablespoons red wine vinegar
- ◆ 1 teaspoon honey
- ◆ 2 tablespoons olive oil
- ◆ 1 teaspoon dry oregano
- ◆ 2 tablespoons chopped cilantro (optional)
- ◆ Salt and freshly ground pepper

Directions

1. Combine all the ingredients together, season to taste.



Nutritional Information



225 grams ~ 1 cup
 % based on Daily Value
 *based on a 2,000 calorie diet

Nutrition

Serving Size: **221 grams**
 Calories **104**
 Calories from fat **43**
 Total Fat **4.8 grams (7%)**
 Cholesterol **0 mg (0%)**
 Sodium **105 mg (4%)**
 Total Carbohydrate **14.6 grams (5%)**
 Dietary Fiber **6.4 grams (26%)**
 Sugars **5.0 grams**
 Protein **1.6 grams**

Vitamins

Vitamin A: **9%**
 Vitamin C: **53%**
 Calcium: **3%**
 Iron: **6%**

Good Points

No cholesterol
Very high in dietary fiber
Very high in vitamin C