

Jicama

Jicama's crunchy crisp texture and slightly sweet taste makes it a great snack food. It is also high in fiber, low in calories, and a good source of vitamin C which is important for fighting infection.

Did you know that children who try new healthy foods and are willing to try the food again are more likely to choose these foods? This week we tasted jicama that was served raw...ask your child how she liked it! Here is another way to serve jicama.



Jicama Salad

Ingredients:

- 2 jicama, peeled and thinly sliced
- 2 mangos, peeled and sliced
- 2 red bell peppers, think sliced
- 2 limes



Preparation:

1. Toss jicama, mangos, and red bell pepper in large bowl.
2. Cut the limes in half and squeeze over the salad.
3. Serve right away or refrigerate until ready to serve.