



Carrot, Jicama and Orange Salad



Garden Enhanced Nutrition Education

Ingredients:

- 3 cups **jicama**, peeled and cut into small pieces (about 1 small jicama)
- 1 cup **carrots**, peeled and coarsely grated (about 2 carrots)
- 2 cups **oranges**, peeled and cut into small pieces (about 2 small oranges)
- 2 teaspoons vegetable **oil**
- 2 Tablespoons **orange juice**
- 1 Tablespoons **honey**
- 2 teaspoons **lime juice**
- 1/4 teaspoon **salt**



Directions:

1. In medium bowl, mix jicama, carrots and oranges.
2. In small bowl, combine oil, orange juice, honey, lime juice and salt. Mix well.
3. Pour over the salad and stir lightly.
4. Serve immediately.
5. Refrigerate leftovers within 2 hours.

Note:

- ▶ Honey isn't recommended for children less than a year old.

Servings: 8
Serving size: 1/2 cup

Nutrition information (per serving):
 Calories: 60
 Total Fat: 1.5g
 (Saturated Fat: 0g)
 Cholesterol: 0mg
 Dietary Fiber: 3g
 Sodium: 85mg

Visit [FoodHero.org](https://www.foodhero.org) for easy, tasty recipes.



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This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon Safe Net at 211. USDA is an equal opportunity provider and employer.

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