



Jicama Salad

This salad can be used as a side dish or a snack. You can substitute orange &/or tangerine for apple when in season.

Ingredients:

- 1 large jicama; peeled and cubed
- 2-3 medium sized apples; cored and cubed
- $\frac{3}{4}$ cup dried cranberries
- $\frac{1}{2}$ cup lemon juice
- 3 tbsp. honey
- Optional-chopped cilantro.



Directions:

Mix in large bowl the jicama, apples, and dried cranberries and set aside. In separate bowl whisk the lemon juice and honey. Pour the lemon honey dressing over other ingredients and mix well. Optional-sprinkle with chopped cilantro.

More nutritional information about this recipe:

- Jicama is an excellent source of vitamin C.
- Apples are a good source of fiber and have vitamin C.