

Pick a **better snack**[™] – THE COLOR WAY

JICAMA

Wash. Peel. Eat. How easy is that?



Jicama (pronounced hi-ca-ma) is a large tuberous root. It has a thin brown skin that should be removed with a peeler or knife. The flesh is white, crisp, juicy and slightly sweet. Because the tuber requires a very long and warm growing season, most of the jicama available in United States is imported from Mexico and South America. Jicama may be eaten raw in salads or as part of a vegetable platter; cooked, it works well in stir-frying, soups or stews.

JICAMA AND PEAR SALAD (SERVES 6)

2 cups lettuce – any variety of bagged lettuce is fine

2 cups jicama, julienne-sliced

2 pears, cored and chopped

½ cups golden raisins

¼ cup reduced fat salad dressing

¼ cup apple juice or cider

¼ teaspoon ground allspice.

In a bowl combine lettuce, jicama, pears and raisins. Prepare dressing by combining reduced fat dressing, juice and allspice until well mixed. Mix with salad just before serving.

Including WHITE fruits and vegetables in your low-fat diet helps maintain:

- Heart health
- Cholesterol levels that are already healthy
- A lower risk of some cancers

Pick a **better snack**[™] was developed in partnership with the Iowa Nutrition Network, Iowa State University Extension, and the USDA's Food Stamp Program and Team Nutrition - equal opportunity providers and employers. For more information, visit the Iowa Department of Public Health web site www.idph.state.ia.us/pickabettersnack or Iowa State University Extension web site www.extension.iastate.edu/food. For more information about 5 A Day the Color Way[™], visit www.5aday.com.