Carrot and Jicama Slaw

Between this crisp and fresh carrot and jicama slaw is simple to make and looks beautiful when plated. The bright color of the carrots transfers to the pale jicama and makes the entire salad a brilliant orange hue. The subtle sweet flavor from the jicama calms the natural bite from the carrots while the lime juice infuses a nice citrus flavor in the end. You can find jicama (also called Mexican yam) throughout the year at most local grocery stores. This large, bulbous root vegetable has a high water content (over 85%), a high vitamin C content and one cup delivers about 6 grams of fiber. Like carrots, jicama is a crunchy and healthy food that can be eaten as a quick snack or shredded and made into a simple, tasty slaw. I love to make this recipe and serve it as a side dish when we grill chicken or fish outside or when we’re eating spicy steak tacos.

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Recipe from: ChristyWilson Nutrition.com

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Carrot and Jicama Slaw
Serves: 6
Cook time: 20 minutes
Ready in 30 minutes

Ingredients
- 1 tablespoon extra-virgin olive oil
- 1 medium shallot, diced
- 1/4 tsp fennel seed
- 1 tsp ground cumin
- 3 cups grated carrots (3-4 large)
- 1 cup grated jicama
- 3 tablespoons fresh lime juice
- Salt and pepper to taste

Directions
1. In a small non-stick skillet, heat olive oil over medium heat.
2. Add shallot and cook until softened.
3. Add fennel seed and cumin and cook until fragrant, about one minute.
4. In a medium bowl, add shredded carrots, jicama, lime juice and shallot mixture and toss until all colors and flavors meld together.
5. Add salt and pepper to taste (if desired). Garnish with cilantro or mint leaves for added color and flavor.

Nutrition Facts
Serving Size: (81g)
Serving Per Container
Amount Per Serving
Calories 50
Calories from Fat 20

% Daily Value*
Total Fat 2.5g 4%
Saturated Fat 0g 0%
Trans Fat 0g 0%
Cholesterol 0mg 0%
Sodium 30mg 1%
Total Carbohydrate 7g 2%
Dietary Fiber 2g 8%
Sugars 3g 3%
Protein 1g 2%

Vitamin A 60% • Vitamin C 20%
Calcium 2% • Iron 4%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Carbohydrates 20g
Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4