

Jicama



HOW TO SELECT

- Best time to purchase jicama is November to June.
- Choose jicama that is firm, has dry roots, medium sized, heavy for its size, and less than 4 pounds.
- Avoid jicama with bruises, blemishes, moldy, cracked skin, and discolored.

HOW TO STORE

- Store in cool, dry place uncovered (prior to cutting open) for up to three weeks.
- Store in a plastic bag in the fridge (cut or whole) for up to 2 weeks.

Jicama and Pineapple Salad*

Yields: 4 servings

Ingredients

- 2 serrano peppers, seeded and minced
- 2 tablespoons fresh lime juice
- 2 tablespoons rice vinegar
- 1 bunch fresh cilantro, minced
- 1/2 teaspoon salt
- 1/4 teaspoon ground black pepper
- 1/4 cup olive oil
- 1/2 fresh pineapple - peeled, cored and cut into chunks
- 1 jicama, peeled and julienned
- 3 cups mixed baby greens
- 1 avocado - peeled, pitted and diced

Directions

1. Whisk together the serrano pepper, lime juice, rice vinegar, cilantro, salt, and pepper in a large bowl. Slowly drizzle in the olive oil while continually whisking. Add the pineapple and jicama; toss to coat. Allow to sit 30 minutes to 1 hour.
2. Place the spring mix in a large salad bowl; scatter the avocado over the lettuce; top with the marinated pineapple and jicama, drizzling the remaining vinaigrette over the salad. Serve immediately.

Variation: Try adding shrimp or beans.

*Recipe from Allrecipes.com

Jicama— Mexican Style



Ingredients

- 1 jicama
- chili pepper to taste
- lime juice to taste

Directions

1. Wash jicama then peel skin off with vegetable peeler.
2. Slice jicama into sticks.
3. Sprinkle chili pepper and lime juice on as desired. Enjoy!