

## Jicama Salad

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1 Jicama (1- 1.5 pounds)  
1 small cucumber, unpared  
½ cup very thinly sliced mild red onion  
2 tbls fresh lime juice  
½ tsp grated lime rind  
1 clove garlic, minced  
¼ tsp salt  
1/8 tsp crumbled dry chili  
3 tbls vegetable oil  
Leaf lettuce

### **Nutritional Facts:**

Calories = 104  
Fat = 0.1g Sat. Fat = 0  
Protein = 3.3g Carbs = 16g  
Fiber = 7g

### ***Instructions:***

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Pare jicama; cut lengthwise into 8 wedges; cut wedges crosswise into 1/8 inch thick slices.  
Cut cucumber lengthwise in half; scoop out and discard seeds. Cut halves crosswise into ¼ inch thick slices.

Combine jicama, cucumber and onion in large bowl; toss lightly to mix.

Mix lime juice, lime rind, garlic, salt, and chili in small bowl. Gradually add oil, whisking continuously, until dressing is thoroughly blended.

Pour dressing over jicama mixture; toss lightly to coat. Refrigerate, covered, 1 to 2 hours to blend flavors before serving.

To serve, line shallow salad bowl with lettuce leaves. Spoon salad on top of lettuce.

**Makes 6 servings**

Source: Mexican cooking class cookbook