Jicama is a good source of vitamin C, and also contains some potassium, iron and calcium. One cup of jicama has only 50 calories. Shaped like a flattened turnip, it has a thin, brown skin and crisp, white flesh much like an apple.

**JICAMA IN THE RAW**
Peel raw jicama. Cut into 1/4-inch slices (or sticks). Place in ice water for crisping. Drain and serve raw slices or sticks sprinkled with lime juice and chili powder, with salsa or salad dressing, or in salads.

**JICAMA AND ORANGE SALAD**
Place torn lettuce in a large bowl. Peel and section an orange. Cut orange sections in quarters. Peel raw jicama and cut small strips like match sticks. Toss orange and jicama pieces with the lettuce. Serve with ranch dressing or vinegar and oil.

**JICAMANIA**
Jicama has a crunchy texture and sweet, bland flavor that makes it an excellent addition to anything from fruit cups to stir-fry dishes.

Keep vegetable sticks like jicama, carrots, celery and peppers in the refrigerator for snacks.

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