

Market District Demo Recipes

Side Dish



THE OHIO STATE
UNIVERSITY

WEXNER MEDICAL CENTER

Jicama Mango Salad with Cilantro and Lime

Serves: 8

Modified from: www.AllRecipes.com

Items Needed: cutting board, chef knife, measuring cups, measuring spoons, 1 large mixing bowl, 1 small mixing bowl, mixing spoons

Ingredients:

Salad:

- 1 large jicama, peeled and cut into matchsticks
- 1 small red bell pepper, cut into matchsticks
- 1 large firm mango, peeled and cut into matchsticks
- ½ red onion, cut into matchsticks

Dressing:

- ½ cup chopped cilantro leaves
- 2 limes, juiced
- ¼ cup honey
- 1 teaspoon salt
- 1/8 teaspoon cayenne pepper, or more to taste

Directions:

1. Toss jicama, red pepper, mango, and red onion together in a large bowl. Set aside.
2. Stir cilantro, lime juice, honey, salt and cayenne pepper together in a bowl.
3. Pour the cilantro mixture over the jicama mixture and toss to coat.

Nutrition Information (per ½ cup serving):

Calories: 126 Fat: 0.5 g Carbs: 31.5 g Protein: 1.5 g Fiber: 9 g Sodium: 300 mg