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:**
- ⅓ 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