



Carrot, Jicama and Orange Salad



Garden Enhanced Nutrition Education

Ingredients:

- 1 small **jicama**, peeled and cut into small pieces
- 2 **carrots**, peeled and coarsely grated
- 2 small **oranges**, peeled and cut into small pieces
- 2 teaspoons vegetable **oil**
- 2 tablespoons **orange juice**
- 1-2 tablespoons **honey**
- 2 teaspoons **lime juice**
- Salt** to taste

Directions:

1. In medium bowl, mix jicama, carrots and oranges.
2. In small bowl, combine oil, orange juice, honey, lime juice and salt. Mix well.
3. Pour over the salad and stir lightly.
4. Serve immediately.
5. Refrigerate leftovers within 2 hours.

Note:

- ▶ Honey isn't safe for children less than a year old.



Servings: 8
Serving size: 1/2 cup

**Nutrition information
(per serving):**
Calories: 60
Total Fat: 1.5g
(Saturated Fat: 0g)
Cholesterol: 0mg
Dietary Fiber: 3g
Sodium: 10mg

Visit [FoodHero.org](https://www.foodhero.org) for more healthy recipes



Source: Oregon State University Extension Service.

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP). SNAP provides nutrition assistance to people with low income. SNAP can help you buy nutritious foods for a better diet. To find out more, contact Oregon SafeNet at 211. USDA is an equal opportunity provider and employer.

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