Carrot, Jicama and Orange Salad

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.

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

Note:
- Honey isn’t safe for children less than a year old.

Visit 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.

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