



Jicama-Mango Salad with Spicy Lime Vinaigrette

INGREDIENTS (Yield: 4 servings)

- 1 jicama, peeled and julienned
- 2 mangoes, peeled and julienned
- 2 oranges, peeled and chopped
- Zest of 1 lime
- Juice of 2 limes (approx. ¼ cup juice)
- 2 tablespoons olive oil
- 1/8 teaspoon cayenne pepper
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 3 tablespoons sliced almonds
- 4 teaspoons cilantro, chopped

NUTRITION INFORMATION: 319 Calories; 10 grams Fat; 1-gram Saturated Fat; 0 mg Cholesterol; 160 mg Sodium; 56 grams Carbohydrates; 18 grams Fiber; 4 grams Protein

DIRECTIONS

1. Place the jicama, mango and oranges in a large bowl. In a small bowl, whisk together the lime zest, lime juice, olive oil, cayenne, salt and pepper. Drizzle the dressing over the salad and toss to make sure everything is evenly coated.
2. Sprinkle sliced almonds and cilantro on top.

Chef Note: The mango is easier to julienne when it is not fully ripe.