



Cooking for Wellness

Sponsored by:



Jicama Salad

Yields: 10 servings Preparation Time: 10 minutes

Ingredients

- 2-3 large Jicama, peeled and cut into julienne strips
- 1 granny smith apple, peeled and cut into julienne strips
- 1 red pepper, cut into julienne strips
- 6oz plain yogurt
- 2 tablespoons lemon juice
- ¼ teaspoon ground cumin
- Salt and pepper



Instructions

1. Combine the jicama, apple, and red pepper in a medium bowl.
2. In a separate small bowl, mix together the yogurt, lemon juice, and cumin. Season with salt and pepper. Pour dressing over the jicama mixture and toss to combine.
3. Serve immediately or refrigerate for later service.