



trifit

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## Jicama Slaw

Jicama, pronounced hee-cama, is a round, bulbous root vegetable with origins in the Mexican peninsula. It is part of the legume family and is very similar in texture to a turnip with a taste closer to an apple.

3 tbsp (45mL) lime juice  
½ tsp (2mL) red chili flakes  
½ tsp (2mL) chili powder  
6 tbsp (90mL) rice wine vinegar  
1 tsp (5mL) sugar  
6 tbsp (90mL) extra-virgin olive oil  
1 tsp (5mL) salt  
1 tsp (5mL) pepper  
1½ (375mL) cups peeled, julienned jicama  
1 cup (250mL) peeled, julienned carrots  
1 cup (250mL) shredded Napa cabbage  
½ cup (125mL) thinly sliced red onion  
1 cup (250mL) julienned English cucumber  
½ cup (125mL) julienned red bell pepper  
1 tbsp (15mL) cilantro, chopped

1. In a small mixing bowl add lime juice, chili flakes, rice wine vinegar, sugar, and extra-virgin olive oil. Season with salt and pepper and whisk to combine.
2. Combine the jicama, carrots, cabbage and onion, cucumber, red pepper and cilantro in large bowl and toss.
3. Add dressing to vegetables and let sit for 15 minutes, stirring 2 or 3 times. Serve.

Source: Guy Fieri - <http://www.foodnetwork.com/recipes/guy-fieri/jicama-slaw-recipe.html?oc=linkback>  
Nutrition: Calories 253, Total Fat 21g, Saturated 3g, Protein 2g, Carbohydrates 14g, Sugar 6g.