

Carrot and Jicama Salad

This crisp salad makes a refreshing snack or side dish and is a good source of vitamins A and C!

Serves 6



Ingredients

- 2 tablespoons olive oil
- Juice from ½ lemon
- 3 medium carrots, peeled and grated (about 2 cups)
- 1 medium jicama, peeled and grated (about 2 cups)
- 1 bunch parsley, minced
- Salt and pepper to taste

Nutrition Facts

Serving Size About ¼ Cup
Servings Per Recipe 6

Amount Per Serving

Calories 100 **Calories from Fat** 40

% Daily Value*

Total Fat 4.5g **7%**

Saturated Fat 0.5g **3%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 35mg **1%**

Total Carbohydrate 14g **5%**

Dietary Fiber 7g **28%**

Sugars 4g

Protein 1g

Vitamin A 130% • Vitamin C 60%

Calcium 4% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

Directions

1. Whisk together olive oil and lemon juice in a large salad bowl.
2. Add carrots, jicama, and parsley. Toss until well combined.
3. Sprinkle with salt and pepper to taste.
4. Enjoy immediately or refrigerate before serving.

Please note: nutritional values are approximate.

