

JICAMA

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**GREATER
CHICAGO**
-FOOD-
DEPOSITORY.

CHARACTERISTICS

- Jicama is a root vegetable from Mexico with brown skin and a starchy white interior.
- Raw jicama is crunchy and has a mild, sweet and nutty flavor similar to a wáter chestnut.
- Select jicama that is firm and free of soft spots.
- 1 cup of raw jicama contains:
 - 43% of your recommended daily value of vitamin C to help heal wounds and to keep teeth and gums healthy.
 - 24% of your recommended daily value of dietary fiber to help manage weight, improve digestion, and lower cholesterol



PREPARE

Wash jicama. Remove peel by using a vegetable peeler or a sharp knife. Cut into strips or cubes. Jicama can be eaten raw or cooked.

Try jicama:

- *Raw* sprinkled with lime juice, chili powder, and salt
- *Sliced thinly* and added to your favorite coleslaw recipe
- *Roasted* with olive oil, salt, and herbs
- *Diced* and added to your favorite fruit or vegetable salad

STORE

- To refrigerate: Store whole and unpeeled for up to two weeks. Once peeled, store in an airtight container covered with water and eat within 3 days.
- To freeze: Peel and cut jicama as desired. Pat dry. Transfer to a freezer safe container or plastic bag and store for up to 9 months.