

Mango Jicama Salad



**GREATER
CHICAGO**
-FOOD-
DEPOSITORY.

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Serves: 4

Prep: 10 minutes

INGREDIENTS

- 1 large jicama, cut into thin sticks
- 1/2 red bell pepper, sliced
- 1 large mango, diced
- 1/2 onion, thinly sliced
- 2 limes, juiced
- 1/4 cup fresh cilantro, chopped
- 1 teaspoon honey
- 1/2 teaspoon salt
- 1/4 teaspoon cayenne pepper (optional)

DIRECTIONS

1. Stir together all ingredients in a large bowl until combined.



Nutrition Information

Serving Size: 1/4 of recipe

Calories	114
Total fat	0.5g
Saturated Fat	0.1g
Trans fat	0g
Cholesterol	0mg
Sodium	300mg
Carbohydrates	27g
Fiber	10g
Sugars	18g
Protein	2g

Recipe adapted from:

Chef Roberto Perez of Urban Pilón