

Jazzy Jicama Fruit Salad (PKU-Friendly)



Jicama is extremely versatile! It can be added to a salad, eaten as a chip, or used to add crunch to your favorite stir fry. It's also high in inulin, a prebiotic fiber that helps feed the good bacteria in your digestive system!

YIELD 10 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 20 MIN
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	PHE	Simplified PKU Protein
Serving	26mg	0g
Recipe	256mg	0g

INGREDIENTS

For the salad:

- 1 each Jicama, medium, peeled, cut into 1/4" matchsticks (16oz.)
- 2 each Apples, any variety, cut into 1/4" matchsticks
- 2 cups Grapes, any variety, cut in half
- 2 cups Canned Pineapple Chunks in 100% Juice, drained
- 2 each Limes, juiced (4 Tbsp juice), zest of one

For the seasoning:

- 1/2 tsp Chili Powder
- 1/2 tsp Kosher Salt
- To taste Cayenne pepper

CHEF'S NOTES

Serving Size = 1 cup

This recipe is easy to adapt based on what you have at home. Try adding mango, papaya, watermelon, kiwi, or cucumber for a colorful twist!

Play with your flavors and spices! Shaved fennel, cilantro, and/or Tajin would work well for added flavor!

DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. In a large bowl, combine the jicama, apples, grapes, pineapple, lime zest, and lime juice.
3. Sprinkle the chili powder, salt, and cayenne pepper (if using) over the salad.
4. Toss and enjoy immediately! Leftovers will keep in the refrigerator for up to 3 days.

Nutrition Facts

10 servings per container

Serving Size 1 cup (175 g)

Amount per serving

Calories 90

% Daily Value *

Total Fat 0g 0%

Saturated Fat 0g 0%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 105mg 5%

Total Carbohydrate 23g 8%

Dietary Fiber 5g 18%

Total Sugars 15g

Includes 0g Added Sugars 0%

Protein 0.9g 2%

Vitamin D 0mcg 0%

Calcium 20mg 0%

Iron 0.68mg 4%

Potassium 300mg 5%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

