

Mango, Avocado & Jicama Salad

This Mexican inspired salad is loaded with fun textures and flavor! The sweetness of mango paired with crunchy jicama and creamy avocado make for a fresh side dish.

YIELD 8 SERVINGS	PREP TIME 20 MIN	TOTAL TIME 20 MIN
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INGREDIENTS

For the dressing:

1 each	Mango, ripe, roughly chopped
2 each	Lime, juiced
1 each	Lemon, juiced
2 Tbsp	Extra Virgin Olive Oil
¼ tsp	Kosher Salt

For the salad:

1 bunch	Lacinato/Dinosaur/Tuscan Kale, cut into ½ to 1" pieces (about 8 cups)
8 oz	Jicama, peeled and cut into short matchsticks (about 1 ½ cups)
1 each	Mango, ripe, diced small
1 each	Avocado, diced small
¼ cup	Pumpkin seeds, toasted
¼ cup	Cilantro, roughly chopped
¼ cup	Cotija Cheese, crumbled

CHEF'S NOTES

Jicama is a root vegetable with a tough exterior, so it's easier to use a knife to peel around the sides (similar to cutting a pineapple) rather than using a peeler.

Kale is a great green to use for make ahead salads. The acidity of the mango dressing also keeps the avocado fresh, making for great leftovers. Extra dressing can be stored in an airtight container in the refrigerator for up to one week.

Add shredded chicken, tofu, or quinoa for added protein to make this salad into a complete one bowl meal.

DIRECTIONS

1. Gather all necessary equipment and ingredients.
2. Make the dressing: In a large blender pitcher, combine the mango, lime and lemon juice, oil and salt. Blend on high until the dressing is smooth and creamy. Set aside.
3. Make the salad: In a large bowl, add the kale. Massage the kale by rubbing the pieces between your fingers for about 2-3 minutes, until the kale becomes dark green and shiny.
4. Add the jicama sticks, mango, avocado, pumpkin seeds, cilantro, and cheese to the kale. Top with ½ cup of the dressing. Toss the salad until all the ingredients are well combined and the kale is well dressed. Leave the remaining dressing on the side. Store the salad in the refrigerator until ready to serve.

Nutrition Facts

8 servings per container

Serving 1 cup salad with 1 Tbsp

Size dressing (127 g)

Amount per serving

Calories 120

% Daily Value *

Total Fat 7g 8%

Saturated Fat 1.5g 7%

Trans Fat 0g

Cholesterol less than 5mg 0%

Sodium 80mg 4%

Total Carbohydrate 15g 5%

Dietary Fiber 4g 14%

Total Sugars 9g

Includes 0g Added Sugars 0%

Protein 3g 7%

Vitamin D 0mcg 0%

Calcium 40mg 3%

Iron 0.58mg 3%

Potassium 300mg 6%

*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.

