

# Jazzy Jicama Fruit Salad

*This refreshing tropical fruit and jicama salad with a spicy kick is an easy way to add more fruits and veggies to your day!*

<b>YIELD</b> <b>10 SERVINGS</b>	<b>PREP TIME</b> <b>20 MIN</b>	<b>TOTAL TIME</b> <b>20 MIN</b>
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## INGREDIENTS

*For the salad:*

- 1 each Jicama, medium, peeled and cut into short matchsticks
- 2 each Apples, any variety, cut into short 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)

*For the seasoning:*

- ½ tsp Chili Powder
- ½ tsp Kosher Salt
- To taste Cayenne pepper



## CHEF'S NOTES

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!

Choose canned fruits in 100% fruit juice to limit added sugars.

A seasoning like low-sodium tajin or tajin chamoy sauce can also be used to flavor this sweet and spicy salad.

## DIRECTIONS

1. Gather all necessary equipment and ingredients. Prepare all ingredients as described above.
2. In a large bowl, combine the jicama, apple, pineapple, and lime juice.
3. Sprinkle the chili powder, salt, and cayenne pepper (if using) over the salad.
4. Toss and enjoy! Refrigerate leftovers within 2 hours.

# 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** 1g 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.

Adapted from Oregon State University Cooperative Extension Service, "Fruit Salad with Jicama" (2000)



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