

## Jicama and Orange Salad with Mint

In a medium bowl, combine the jicama, carrots, and oranges. In a small bowl, combine the olive oil, orange juice, honey, and lime juice and add salt to taste. Whisk the dressing and pour it over the jicama mixture. Toss to coat. Refrigerate the salad for 2 to 3 hours. Top with the mint leaves before serving.

- 1 medium jicama (about 3/4 pound), peeled and cut into 1 1/2 - inch matchsticks
- 2 medium carrots, peeled and coarsely grated or julienned
- 2 small seedless navel oranges, peeled and sliced
- 1/2 T extra-virgin olive oil
- 2 T orange juice
- 2 T honey
- 1 T freshly squeezed lime juice or to taste salt
- 8 fresh mint leaves, thinly slivered

  
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OF THE HEART

## Heart Healthy Recipe Because MHS s You

The cool, refreshing taste of this salad comes from oranges and jicama, a root vegetable now widely available. Famous as a source of vitamin C, oranges also contain too many phytochemicals to name.

Jicama adds additional vitamin C and lots of fiber. Furthermore, the white flesh of this crunchy, mild-flavored vegetable tempers the acidity of the oranges, provides a nice color contrast, and adds texture. On a hot day, this salad is especially appealing.

### Makes 8 servings/per serving:

Calories	76
Total Fat	1g
Saturated fat	less than 1g
Carbohydrates	17g
Protein	1g
Dietary Fiber	5g
Sodium	10mg

  
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