

Jumping Jicama Wedges

Serving Size: ½ Cup

Serves: 8

Ingredients:

2 Small jicamas
1 tablespoon orange zest
1 tablespoon lime zest
1 tablespoon lemon zest
1 tablespoon cilantro, finely chopped
¼ teaspoon cumin
¼ teaspoon paprika
¼ teaspoon cayenne pepper
1 Lime, fresh

Directions:

1. Peel jicama.
2. Cut jicama into wedges, slices or desired shapes.
3. Thoroughly mix together all ingredients except jicama and fresh lime.
4. Sprinkle seasoning on jicama.
5. Cut lime and squeeze juice onto the seasoned wedges.

Exchanges per serving:

½ Starch

Nutrients per serving:

Calories: 39

Calories from fat: 0%

Total Fat: 0g

Cholesterol: 0g

Total Carbohydrate: 9g

Dietary Fiber: 5g

Sugar 2g

Protein: 1g