



Carrot, Jicama, and Orange Salad



Ingredients (Serves 6)

- 1 1/2 cups carrots peeled and grated
- 2 cups jicama peeled and grated
- 2 oranges peeled, seeded, chopped
- 2 tablespoons fresh parsley chopped
- 2 tablespoons fresh lime juice
- 2 tablespoons mayonnaise low-fat
- 1/8 teaspoon salt adjust to taste
- 1/8 teaspoon ground chili powder optional

Directions

1. In a large bowl, mix carrots, jicama, oranges, and parsley.
2. In a small container, mix lime juice, mayonnaise, salt, and chili powder.
3. Stir lime mixture into the other ingredients and mix well.
4. Adjust salt and chili powder.

NUTRITION FACTS

Serving per recipe 6
Serving Size: 1 cup

Amount per serving

Calories: 60
Total Fat: 1g
Saturated Fat <1g
Sodium: 105mg
Total Carbohydrate: 13g

Dietary Fiber: 4g

Protein: 1g