



## Jicama Salad with Cucumber and Lime

### Ingredients:

1 medium Jicama, peeled & chopped into  $\frac{1}{2}$  inch cubes, about 2 cups  
1 medium cucumber, peeled & seeded, chopped into  $\frac{1}{2}$  inch cubes  
2-3 Tablespoons fresh squeezed lime juice, about 1 small ripe lime  
 $\frac{1}{4}$  cup fresh Cilantro, chopped  
 $\frac{1}{2}$ - 1 teaspoon sea salt, or to taste  
 $\frac{1}{8}$  teaspoon chili powder  
Dash of Cayenne pepper

### Procedure:

Toss all ingredients together and allow mixture to stand for at least one hour before serving.

### Nutrition Information:

Per Serving: 70 calories (0 calories from fat, 0g total fat, 9g dietary fiber, 2g protein, 17g carbohydrate, 0mg cholesterol, 300 mg sodium)

Serves 4

Recipe from Whole Foods Market, 2006