

Side Dish

Jicama Slaw

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Servings: 10

Preparation Time: 10 minutes

Start to Finish Time: 10 minutes

2 cups (1/2 medium) red cabbage, shredded

2 cups (1/2 medium) jicama, thinly sliced

1/4 cup red onion, thinly sliced

1/4 cup fresh cilantro, chopped

1 tablespoon olive oil

1 tablespoon fresh lime juice

1/2 teaspoon salt

1/2 teaspoon sugar

In a bowl, combine the cabbage, jicama, onion, cilantro, oil, lime juice, salt and sugar.

Toss to mix thoroughly.

Per Serving (excluding unknown items): 70 Calories; 2g Fat (18.9% calories from fat); 1g Protein; 13g Carbohydrate; 7g Dietary Fiber; 0mg Cholesterol; 114mg Sodium. Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 0 Fruit; 1/2 Fat; 0 Other Carbohydrates.