

## **Rustic Jicama Appetizer with Red Chile and Lime**

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*The crunchy juiciness of jicama is like a fresh breeze on a hot day. Peel this bulbous root vegetable with a knife rather than a vegetable peeler because the tough skin and outer layer are thick. Then slice, dice, or cut it into strips, and enjoy. Street vendors in Mexico rely on a time-tested combination of lime, ground dried chile, and salt for this popular snack.*

### **Ingredients:**

- 1 medium jicama (about 1 pound)
- 3 navel oranges, peeled, halved lengthwise, and cut crosswise into 1/4-inch-thick slices (about 1 1/2 cups)
- 2 small cucumbers, peeled, halved lengthwise, seeded, and thinly sliced (about 3 cups)
- 1/2 cup thinly sliced radishes
- 1/3 cup fresh lime juice
- 2 teaspoons dried ground guajillo chile or hot chili powder
- 1/2 teaspoon salt
- 1/3 cup coarsely chopped fresh cilantro

### **Directions:**

- Peel and cut the jicama in half. Place halves cut sides down, and cut into 1/4-inch-thick slices. Combine jicama, oranges, cucumbers, radishes, and juice in a bowl. Let stand 30 minutes. Add the ground chile and salt, and toss well. Sprinkle with cilantro.

**Yield:** 8 1-cup servings

**Nutritional Information:** Calories 53 (5% from fat); Fat 0.3g (sat 0.1g, mono 0.0g, poly 0.1g); Iron 0.6mg; Cholesterol 0.0mg; Calcium 32mg; Carbohydrate 12.4g; Sodium 153mg; Protein 1.2g; Fiber 4.6g

Recipe Source: *Cooking Light*, DECEMBER 2001

Past recipes may be obtained by going to the [Heartland Health](http://www.heartland-health.com/) web page (<http://www.heartland-health.com/>, KQ2 recipes) or by clicking on the Heartland Health logo above.