

Hello Jicama!

This juicy, crunchy, and slightly sweet root vegetable is native to Mexico. It's a rich source of vitamin C, an important antioxidant, and is often eaten raw.

DIP IT

Peel and cut into sticks, like French fries, then dip them in your favorite veggie dip or salsa.

ELEVATE YOUR SLAW

Combine thinly sliced red cabbage, diced apple, red onion, and matchstick-sized jicama. Toss with vinegar, lime juice, black pepper, and a dash of salt and cayenne pepper.

TART & SPICY

Peel and cut into sticks. In a bowl, combine fresh lime juice, chili powder, and a pinch of salt, and toss together to coat.

