
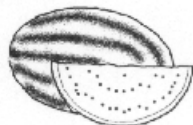




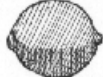










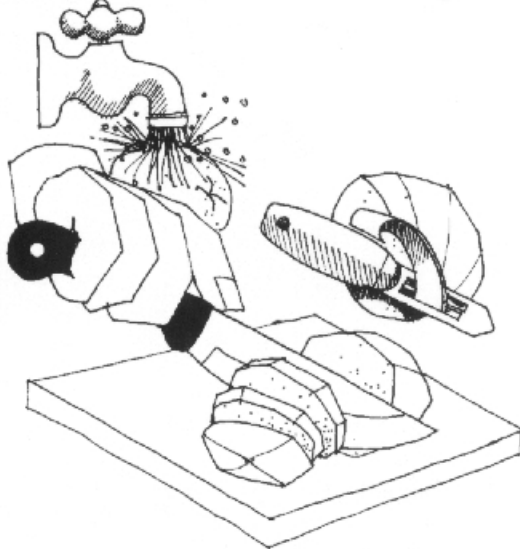
# Fruit Salad with Jicama

## Ingredients

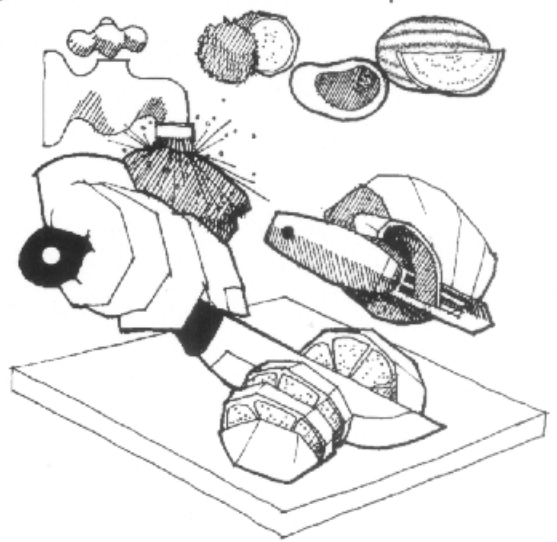
Makes 6-8 servings

- 1 small jicama 
- 2 cups watermelon, cut in pieces   
- 1 mango 
- 1 small papaya 
- 1 lime 
- 2 kiwis 
- 1 teaspoon lime or orange juice   
- 1/4 teaspoon salt  
- 1/4 teaspoon chili powder  

**1** Wash, peel and cut the jicama in thin slices.



**2** Wash, peel and cut the rest of the fruit in slices or medium size pieces.



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Recipe Source: Maribel Gomez, Nutrition Assistant, Oregon Family Nutrition Program (OFNP), Hispanic Office, Multnomah County.

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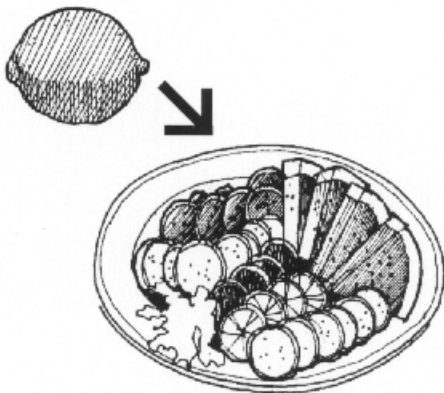
Original format created by Janice Smiley, MPA, Extension Educator, Adult and 4-H Nutrition, Multnomah County.

Adapted and translated for use with Spanish speaking audiences by Lynn Myers Steele, MPH, Extension Educator, and Nutrition Assistants, Oregon Family Nutrition Program (OFNP), Hispanic Office, Multnomah County, 1994.

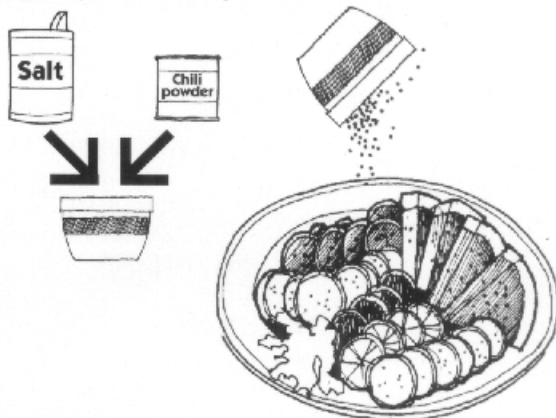
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# Fruit Salad with Jicama

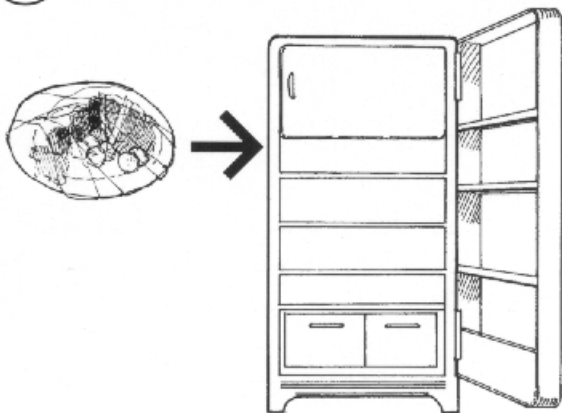
- 3** On a large plate, arrange the fruit. Sprinkle the lime or orange juice over the fruit.



- 4** In a small bowl, mix the salt and chili powder. Sprinkle over the fruit.



- 5** Refrigerate leftovers within 2 hours.



Fruit Salad gives us:

**VITAMIN A** Keeps skin and eyes healthy.

**VITAMIN C** Keeps gums and blood vessels healthy.

*Fiber* Prevents constipation.