

Carrot, Jicama and Orange Salad

This recipe is a good source of Vitamin C, which keeps gums and blood vessels healthy.

Ingredients:

- 1 small jicama, peeled and cut into small pieces
- 2 carrots, peeled and coarsely grated
- 2 small oranges, peeled and cut into small pieces
- 2 teaspoons vegetable oil
- 2 tablespoons orange juice
- 1 tablespoon honey
- 2 teaspoons lime juice
- Salt to taste

Directions:

1. In medium bowl, mix jicama, carrots and oranges.
2. In small bowl, combine oil, orange juice, honey, lime juice and salt, to taste. Mix well.
3. Pour over the salad and stir lightly.
4. Serve immediately.
5. Refrigerate leftovers within 2-3 hours.

Note: Honey isn't safe for children less than a year old. It can contain the *Clostridium botulinum* organism that could cause serious illness or death.

Nutrition Facts	
Serving Size 1/2 cup (94g)	
Servings Per Container 8	
Amount Per Serving	
Calories 60	Calories from Fat 10
% Daily Value*	
Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 10mg	0%
Total Carbohydrate 11g	4%
Dietary Fiber 3g	12%
Sugars 6g	
Protein 1g	
Vitamin A 50%	Vitamin C 40%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories 2,000 2,500
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

8 servings, 1/2 cup each

Bright Ideas:



Source: Adapted: The New American Plate, Veggies. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>