

Beet, Orange and Jicama Salad

SERVES 6

**Makes 3 cups
(750 mL)**

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Bev Callaghan, Dietitian

1	can (14 oz/398 mL) sliced beets, drained	1
2	large navel oranges, peeled and cut into 1/4-inch (5 mm) slices	2
1/2 cup	thinly sliced sweet white onion	125 mL
1/2 cup	julienned jicama	125 mL
Dressing		
2 tbsp	balsamic vinegar	25 mL
1 tbsp	orange juice	15 mL
1 tbsp	olive oil	15 mL
1/8 tsp	salt	0.5 mL
	Black pepper to taste	
1 tbsp	chopped fresh parsley (optional)	15 mL

1. In a medium bowl, combine beets, oranges, onion and jicama. Set aside.
2. *Dressing:* In a small bowl, whisk together vinegar, orange juice, olive oil, salt and pepper. Add to beet mixture; toss gently. Chill. Sprinkle with parsley, if using, just before serving.

PER SERVING

Calories: 71

Dietary Fiber: 3 g

Carbohydrate: 12 g

Fat: 2 g

Protein: 1 g



Jicama is a crunchy, slightly sweet vegetable that tastes like a cross between a water chestnut and an apple. It adds a delicious crunch to this salad. If you can't find it at your supermarket, substitute an equal quantity of fresh fennel.

DIETITIAN'S MESSAGE

Broaden your culinary horizons — and your nutrient intake — by trying a new vegetable each week. How about jicama, celeriac, rapini, kohlrabi or Swiss chard?