



*Simple,  
Seasonal,  
Sustainable*

## Recipe of the Week

### ***Carrot and Jicama Salad***

#### **Ingredients:**

- 2 tablespoons olive oil
- Juice from ½ lemon
- 3 medium carrots, peeled and grated (about 2 cups)
- 1 medium jicama, peeled and grated (about 2 cups)
- 1 bunch parsley, minced
- Salt and pepper to taste

#### **Directions:**

1. Whisk together olive oil and lemon juice in a large salad bowl.
2. Add carrots, jicama, and parsley. Toss until well combined.
3. Sprinkle with salt and pepper to taste.
4. Enjoy immediately or refrigerate before serving.

Serves 6  
100 calories, 4.5 g fat, 0.5 g saturated fat,  
14 g carbohydrate, 7 g fiber, 1 g protein,  
35 mg sodium  
Source: Linus Pauling Institute

