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