

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
- 1-2 tablespoons honey
- 2 teaspoons lime juice
- Salt to taste

Directions:

In medium bowl, mix jicama, carrots and oranges.

In small bowl, combine oil, orange juice, honey, lime juice and salt, to taste. Mix well.

Pour over the salad and stir lightly.

Serve immediately.

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

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>

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