



Citrus & Greens Salad

Also known as a Mexican Turnip, jicama (pronounced HICK-um-ma) is a Mexican root. It's mildly sweet and nutty, with a crisp texture similar to raw potato or water chestnut. Full of vitamin C and low in calories.

The honey vinaigrette ties together the sweetness of the jicama and orange, while the tarragon's earthy note keeps the salad savory and compliments the nutty flavor of the almonds.



SALAD

Makes 2 large or 4 small salads

- 4 cups Romaine lettuce
- 1 cup jicama
- 1 orange
- 1/2 cup almonds

Wash and chop lettuce into bite-size pieces. Peel jicama and chop into 3-inch long matchsticks. Layer over lettuce. Peel orange. Do not separate into segments. Instead, slice rounds so that each segment is cut horizontally. Layer over jicama. Chop whole almonds or buy slivered. Sprinkle over top.

VARIATIONS

1. Add shredded coconut and toasted macademia nuts
2. Use toasted pecans and shaved Asiago or Parmesan cheese instead of jicama and almonds
3. Substitute mixed field greens for Romaine

LOW-FAT HONEY TARRAGON VINAIGRETTE

- 2 tablespoons orange juice
- 1/8 cup honey
- 1/8 cup apple cider vinegar
- 1/8 teaspoon Dijon mustard
- 1 teaspoon dried tarragon

Whisk together honey, vinegar, and orange juice. Whisk in mustard. Crumble dried tarragon and whisk into the dressing. For a more binding dressing (and more calories!), mix in 1/4 cup olive oil.

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