

JICAMA SLAW WITH ORANGE LIME DRESSING

Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: Nutrition information based on 1/12 of the recipe

Nutrition (per serving)

Calories: 148

Total Fat: 8.8 g

Saturated Fat: 1.4 g

Sodium: 31 mg

Total Carbohydrate: 17 g

Dietary Fiber: 6.1 g

Protein: 2.9 g



Ingredients

For the Salad:

6 cups broccoli slaw

1 jicama, peeled and julienned or cut into match sticks

1 red bell pepper, julienned or cut into match sticks

2 carrots, julienned or cut into match sticks

1 avocado, cubed

1 mango, cut into matchsticks

1/2 cup thinly sliced cabbage



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Sunflower seeds (optional)

Orange-Lime Dressing:

2 oranges, juiced

1 lime, juiced

1/4 cup extra virgin olive oil

1 tsp dijon mustard

1 tsp honey

1/2 tsp ground ginger or 1 tsp grated ginger root

1 Tbsp fresh cilantro, chopped

Directions

1. In a small bowl whisk together all the ingredients for the salad dressing. Set aside.
2. In a large bowl, place all the salad ingredients and mix together.
3. Toss with desired amount of salad dressing. Serve immediately.