



Jicama & Cucumber w/ Red Chile Dressing

www.eatingwell.com/recipes/jicama_cucumber_salad

6 servings, 2/3 cup each | Total Time: 20 min

Nutrition Per serving :

63 Calories Fat: 3g Sat: 0g Carbohydrates: 10g

Protein: 1g Fiber: 3g Sodium: 105mg

Exchanges: 1 fruit

Ingredients:

1/4 cup cider vinegar
1 1/2 tablespoons mild-flavored honey
1 tablespoon canola oil
2 teaspoons minced onion
1-1 1/2 teaspoons mild-to-medium-hot New
Mexican red chile powder, plus more for
garnish
1/4 teaspoon salt
2 cups diced peeled jicama (about 1/2
medium; see Note)
1 medium English cucumber, peeled,
seeded and diced
2 tablespoons chopped fresh mint

Preparation:

Puree vinegar, honey, oil, onion, chile powder to taste
and salt in a blender until smooth.

Toss jicama and cucumber with the dressing in a large
bowl; stir in mint.

Refrigerate for about 30 minutes.
Sprinkle the salad with more chile powder before
serving, if desired



Raita

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x servings| Total Time: x min

Nutrition Per serving :

x Calories Fat: xg Sat: xg Carbohydrates: xg
Protein: xg Fiber: xg Sodium: 1xmg

Exchanges:

Ingredients:

Raita

1 small cucumber, peeled, seeded and diced
1 cup low-fat plain yogurt
2 tablespoons chopped fresh mint
1 tablespoon lime juice
1 small clove garlic, minced
1/2 teaspoon ground cumin
1/4 teaspoon salt
1/4 teaspoon pepper

Preparation:

Combine cucumber, yogurt, mint, lime juice, garlic, cumin, 1/4 teaspoon salt and 1/4 teaspoon pepper in a small bowl. Serve immediately or cover and refrigerate for 30 minutes to allow flavors to blend.