



JICAMA-MANGO SALAD WITH SPICY LIME VINAIGRETTE

ingredients:

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| 1 jicama, peeled and julienned | 1/8 teaspoon cayenne pepper |
| 2 mangoes, peeled and julienned | 1/4 tsp salt |
| 2 oranges, peeled and chopped | 1/4 tsp pepper |
| zest of 1 lime | 3 tablespoons sliced almonds |
| juice of 2 limes (approximately
1/4 cup juice) | 4 teaspoons cilantro, chopped |
| 2 Tablespoons olive oil | |

directions:

1. Place the jicama, mango and oranges in a large bowl.
2. In a small bowl, whisk together the lime zest, lime juice, olive oil, cayenne, salt and pepper.
3. Drizzle the dressing over the salad and toss to make sure everything is evenly coated.
4. Sprinkle sliced almonds and cilantro on top.

Cook's Tips:

The mango is easier to julienne when it is not fully ripe.

Yield: 4 servings

Nutrition Information Per Serving:

319 Calories
10 grams Fat
1 gram Saturated Fat
0 mg Cholesterol
160 mg Sodium
56 grams Carbohydrates
18 gram Fiber
4 grams Protein

Food exchanges:
3 1/2 fruit, 2 fat



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