

Carrot, Jicama and Orange Salad

Time needed: 15 minutes Servings: 4

This colorful salad is a refreshing treat on a summer day. The carrot and jicama is so crunchy and sweet and then you add the orange and it is even sweeter! Cilantro is a great addition to this recipe as well.

INGREDIENTS

- 3 cups jicama, peeled and cut into small pieces (about 1 small jicama)
- 1 cup carrots, peeled and coarsely grated (about 2 medium carrots)
- 2 cups oranges, peeled and cut into small pieces (about 2 small oranges)

Salad Dressing

- 2 teaspoons oil
- 2 Tablespoons orange juice (juice from 1/4 orange)
- 1 Tablespoon honey
- 2 teaspoons lime juice
- 1/4 teaspoon salt

DIRECTIONS

1. In a medium bowl, mix jicama, carrots, and oranges.
2. In a small bowl, combine oil, orange juice, honey, lime juice, and salt. Mix well.
3. Pour dressing over the salad and stir lightly.
4. Serve immediately.
5. Refrigerate leftovers within 2 hours.

Notes

- Want to use canned mandarin oranges instead? One 10.5 oz. can equals 1 cup of mandarin oranges.
- Honey is not recommended for children under 1 year old.
- Freeze extra lime juice to use later.



Recipe from FoodHero.org; Photos by SanG Photography

Check out our Youtube channel
for recipes and videos
at https://www.youtube.com/channel/UCrCVgfP0kncw7Y1mdRjByIg/videos?disable_polymer=1



VIVA FARMS



**Skagit
County**

WASHINGTON STATE UNIVERSITY
EXTENSION

Ensalada de Zanahoria, Jícama y Naranja

Tiempo Necesario: 15 minutos Porciones: 5

INGREDIENTES

- 3 tazas de jícama, pelada y cortada en pedazos pequeños (aproximadamente 1 jícama pequeña)
- 1 taza de zanahorias, peladas y ralladas (aproximadamente 2 zanahorias)
- 2 tazas de naranjas pequeñas, peladas y cortadas en pedazos pequeños (aproximadamente 2 naranjas pequeños)

Salad Dressing

2 cucharaditas de aceite

2 cucharadas de jugo de naranja (el jugo de 1/4 naranja)

1 cucharada de miel

2 cucharaditas de jugo de limón verde

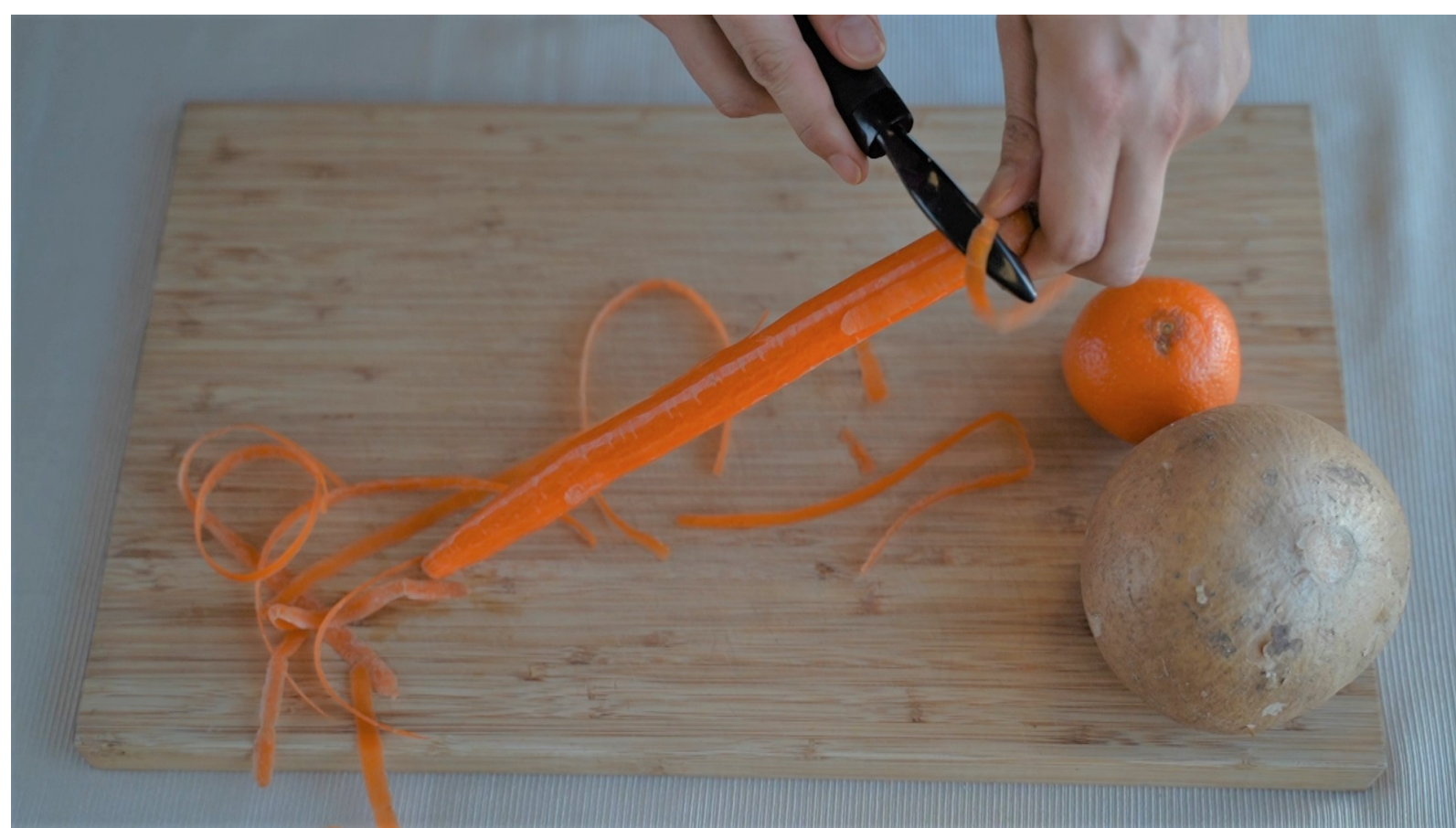
1/4 de cucharadita de sal

DIRECCIONES

1. En un recipiente mediano, mezcle la jícama, las zanahorias y las naranjas.
2. En un recipiente pequeño, combine el aceite, el jugo de naranja, la miel, el jugo de limón verde y la sal. Mezcle bien.
3. Vierta sobre la ensalada y revuelva un poco.
4. Sirva inmediatamente.
5. Refrigere lo que sobre dentro de 2 horas.

Notas

- La miel no es segura para niños menores de 1 año.
- Congele el jugo de limón verde extra para usar más tarde.



Receta de FoodHero.org; Fotos de SandG Photography

Echa un vistazo a nuestro canal de Youtube para ver recetas y videos en https://www.youtube.com/channel/UCrCVqfP0kncw7Y1mdRjByIg/videos?disable_polymer=1



VIVA FARMS



Skagit
County

WASHINGTON STATE UNIVERSITY
EXTENSION