

RED, WHITE, AND BLUEBERRY JICAMA SALAD

Gluten Free, Higher Fiber, Lower Saturated Fat, Lower Sodium, Vegetarian

Serves: 12 (Serving= 1/2 cup)

Nutrition (per serving)

Calories: 65

Total Fat: 0.5 g

Saturated Fat: 0 g

Sodium: 2 mg

Total Carbohydrate: 16 g

Dietary Fiber: 4 g

Protein: 1 g



Ingredients

- 2 Tablespoons honey
- 4 teaspoons freshly squeezed lime juice
- 1 small jicama
- 1 medium pear
- 1 large pomegranate
- 1 cup blueberries
- 1 small green apple

Directions

1. Whisk honey and lime juice together in a small bowl.
2. Wash and peel jicama using a vegetable peeler or paring knife, then chop into small cubes.
3. Open pomegranate and remove seeds.
4. Peel and chop pear and green apple.
5. Combine jicama, pomegranate, pear, green apple, and blueberries in a medium sized mixing bowl.
6. Add honey lime mixture and toss immediately to prevent browning.