

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 Carbohydrate: 17 |
| Total Fat: 8.8 g | Dietary Fiber: 6.1 g |
| Saturated Fat: 1.4 g | Protein: 2.9 g |
| Sodium: 31 mg | |



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

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.