

# March Vegetable – Jicama!

## Did You Know?

- Jicama is pronounced Hih-Kuh-Muh!
- Jicama is the tuberous root of a large vining plant – in the same family as bean plants.
- Jicama is similar in texture to an apple but has a milder flavor.
- Jicama is native to North and South America.
- 1 cup of jicama is only 46 calories and provides about 6 grams of fiber.
- The recommended fiber intake for adult men is about 38 grams, and for adult women is about 25 grams.
- So just 1 cup of jicama provides between 16% and 24% of our daily fiber needs!



## Vegetable Spring Roll Recipe

- 8 sheets of clear rice paper rounds
  - 1 bulb of jicama, peeled and cut into thin strips
  - 1 cup shredded red cabbage
  - 2 medium carrots, peeled and shredded
  - 1 large red bell pepper, cut into thin strips
  - ¼ cup fresh mint leaves
1. Soak 1 rice paper round in water until soft, transfer to plate.
  2. Fill middle of the round with cabbage, jicama, carrots, bell pepper and mint leaves.
  3. Wrap carefully (like a burrito), without tearing the sheet and repeat!
  4. Dip in sweet and sour sauce, sriracha, or peanut sauce, and enjoy!

