

Salads

Jicama Salad



Ready in **40 mins (including chill time)**

Serves **4-6**

Ingredients

- 1 pound of jicama peeled and chopped
- 1/2 tsp sea salt or Himalayan salt
- Juice of half a lime
- 1 tomato, chopped
- ¼ cup sweet purple onion, minced
- 2 Tbsp green onions, chopped
- 2 slivers of seeded jalapeno, minced
- ½ cup fresh cilantro, chopped

Preparation

1. Chop jicama in nice bite sized pieces.
2. Add salt and lime juice, mix with jicama.
3. Add tomato, purple onion, green onions, jalapeno and cilantro. Mix well.
4. Let sit in the fridge for 20 minutes before serving.

Tips

You can serve this as a salad, or a salsa. It is so refreshing and light.

Spiritual Message from this recipe

I had no idea what jicama was or what it tasted like. I'm so glad I gave it a try! What is something you haven't tried? Be brave, discover new things and open yourself up to new experiences.