

Crunchy and Cool: Jicama

Let's start with the pronunciation: *Jicama*. There are two ways, really: "HICK-ah-mah" or "HEE-kah-mah." Both are correct.

It's a wonderfully juicy, sweet, and nutty tuber with a distinct crunch. It is most commonly enjoyed raw, but you can cook jicama, too. Its white flesh stays crisp when cooked briefly.

Jicama is a very low calorie food that is high in fiber and good sources of Vitamin C and anti oxidants. Further, the root provides healthy amounts of some of important minerals like magnesium, copper, iron and manganese.

To prepare: Like a potato, scrub the jicama under running water before cutting into it. Remove the outer touch brown skin by cutting away with a paring knife or vegetable peeler.

Uses: Jicama can truly be sliced, diced, julienned and fried! It can add crunch and flavor to a salad or made into a coleslaw. It can be a great after school snack with a dip or salsa. Try jicama slices with some lime juice and a sprinkle of chili powder for an extra kick! Cooked, jicama is great in stir fried dishes or sautéed as a side dish.

Here are some **recipes** to get you started!

Move over zoodles...

Spicy Spiralized Shoe String Jicama Fries

Prep Time: 10 minutes; Cook Time: 25 minutes; Total Time: 35 minutes

Servings: 5

Ingredients

- 1 large jicama
- olive oil, to drizzle (about 2 tbsp)
- salt, to taste
- 1 tbsp onion powder
- 2 tsp cayenne pepper
- 2 tsp chili powder

Instructions

1. Preheat the oven to 405 degrees.
2. Lay out your jicama noodles and snip them with a scissor to divide into smaller sized noodles, similar to shoestring fries.



3. When done, lay your noodles onto two large baking trays, drizzle with olive oil and toss together to combine and coat noodles.
4. Season with a generous amount of salt and then evenly season with onion powder, cayenne pepper and chili powder. Toss again to combine and then lay them out, trying hard not to crowd them.
5. Bake in the oven for 15 minutes, turn over and bake another 10-15 minutes or until they reach your doneness preference. Divide onto plates and enjoy as a snack or a side dish!

<http://inspiralized.com/2014/01/16/spicy-spiralized-shoe-string-jicama-fries/>

Jicama Apple Slaw

By [stirfrei](#) • June 27, 2011

Serves 4-5

For the Salad

- 1 jicama, peeled and fine julienned
- 1 Granny Smith apple, fine julienned
- 2 tablespoons cilantro, chopped
- 1/4 green cabbage head, shredded

For the Dressing

- 1 cup plain yogurt
- 1 jalapeno, seeded and minced
- 2 limes, zest and juice
- 1/4 cup sherry wine vinegar
- salt and pepper, to taste

1. Mix prepped jicama, apples, cilantro, and cabbage together.
 2. Whisk all dressing ingredients together. Toss with jicama apple mixture. Serve immediately.
- This recipe is best eaten the day of.

