

# Jicama Salad

Vegetable

HACCP Process Category 1

Iowa Gold Star Recipe

Ingredients	100 Servings		____ Servings		Directions
	Weight	Measure	Weight	Measure	
Jicama, peeled, diced 1/4"	2 lb 5 oz	2 ½ qt			<ol style="list-style-type: none"> <li>Toss together jicama, bell peppers, red onion, carrots, and cilantro.</li> <li>Wisk together lime juice, red wine vinegar, honey, oil, cayenne pepper, and paprika.</li> <li>Pour over vegetable mixture.</li> <li>Season with salt and pepper, toss until well combined.</li> </ol>
Red bell pepper, diced 1/4"	3 lb	2 ½ qt			
Green bell pepper, diced 1/4"	3 lb	2 ½ qt			
Red onion, chopped 1/4"	4 lb	2 ½ qt			
Carrots, peeled, diced 1/4"	3 lb	2 ½ qt			
Fresh cilantro, chopped	17 oz	3 qt ½ cup			
Lime juice		1 qt			
Red wine vinegar		1 cup			
Honey	8 oz	½ cup			
Oil, canola, olive, or blended		2 cup			
Cayenne pepper		2 tsp			
Paprika		2 Tbsp			
Salt		2 tsp			
Black pepper		1 Tbsp ½ tsp			

					<p>5. Refrigerate at least 30 minutes prior to service.</p> <p><b>CCP: Hold at 41° F or below before and during service.</b></p> <p>6. Portion with No. 8 scoop (1/2 cup).</p> <p>Notes: Food as purchased:</p> <ul style="list-style-type: none"> <li>• Jicama – approximately 2 large</li> <li>• Bell pepper - 3 lb 9 oz</li> <li>• Red onion - 4 lb 8 oz</li> <li>• Carrots - 4 lb</li> <li>• Cilantro - 1 lb 8 oz</li> </ul>
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<b>Serving Size</b>	<b>1 Serving Provides</b>	<b>Yield</b>
½ cup (No. 8 scoop)	½ c of vegetables	100 servings

**Nutrients Per Serving**

Calories	70	Vitamin A	3151 IU	Iron	0.4 mg
Protein	0.8 g	Vitamin C	34.95 mg	Calcium	17 mg
Carbohydrate	11 g	Dietary Fiber	2 g	Cholesterol	0 mg
Fat	4.6 g	% Fat	59 %	Sodium	63 mg
Saturated Fat	0.7 g	% Saturated Fat	9 %		