

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"> Toss together jicama, bell peppers, red onion, carrots, and cilantro. Wisk together lime juice, red wine vinegar, honey, oil, cayenne pepper, and paprika. Pour over vegetable mixture. Season with salt and pepper, toss until well combined.
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>CCP: Hold at 41° F or below before and during service.</p> <p>6. Portion with No. 8 scoop (1/2 cup).</p> <p>Notes: Food as purchased:</p> <ul style="list-style-type: none"> • Jicama – approximately 2 large • Bell pepper - 3 lb 9 oz • Red onion - 4 lb 8 oz • Carrots - 4 lb • Cilantro - 1 lb 8 oz
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Serving Size	1 Serving Provides	Yield
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 %		