Radish Cucumber Jicama Salad

Christianna Gozzi MA, MS, RD, Eurest at UHG onsite dining

Cook time: 0 mins Total time: 10 mins

Serves 8

Ingredients:

1 large English cucumber, seeds removed

6 fresh radishes

1 medium jicama

1/4 cup (60 mL) scallions

½ cup (120 mL) cilantro

1 tablespoon (15mL) olive oil

2 tablespoons (30 mL) freshly squeezed lime juice

1/8 teaspoon (.6 mL) kosher salt

1 teaspoon (5 mL) ground cumin

1 teaspoon (5 mL) chili powder (more to taste)

Ingredients:

- 1. Cut cucumber, radishes and jicama into ½ inch cubes. Chop cilantro and scallions. Combine in large bowl.
- 2. Whisk together olive oil, lime juice, kosher salt and sriracha. Taste and adjust to your liking.
- 3. Coat vegetables with olive oil-lime mixture.

Nutrition: serving size − ½ cup

Calories: 45
Sugar: 2g
Sodium: 60mg
Total fat: 2g
Sat/trans fat: 0g

Carbs: 6g Fiber: 3g Protein: 1g

Cholesterol: 0mg