



**Selection:**

Choose jicama that is firm and unblemished with a slightly silky sheen.

**Storage:**

Store unwashed jicama in a plastic bag in the refrigerator for up to 2 weeks.

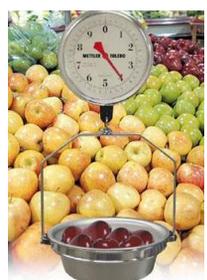
**Refrigerator:** Up to 2 weeks

**Use:**

Rinse jicama thoroughly before preparing. If eaten raw, peel the skin. When cooked, jicama takes on the flavors of the ingredients it is combined with, and therefore is a good ingredient for stir-fry dishes.



**Digital Scale:**  
The number on the screen = Total Weight



**Hanging Scale:**  
The number the arrow is pointing to = Total Weight

**Buying:**

Weigh produce to find out exactly how much it will cost. Place the amount of jicama you would like to buy on the scale provided, and round up to the closest pound or half pound. The cost is the total weight in pounds multiplied by the price per pound.

**Total Weight (lbs) x Price = Cost of Jicama**

Use this table to find the total cost.

**Example: What is the total cost for 1.5 lbs of Jicama at \$1.49 per lb? 1.5 lbs x \$1.49 = \$2.24**

Price per Pound (lb)	1 lb	1.5 lb	2 lb	2.5 lb	3 lb	3.5 lb
\$ 0.49	\$0.49	\$0.74	\$0.98	\$1.23	\$1.47	\$1.72
\$ 0.59	\$0.59	\$0.89	\$1.18	\$1.48	\$1.77	\$2.07
\$ 0.69	\$0.69	\$1.04	\$1.38	\$1.73	\$2.07	\$2.42
\$ 0.79	\$0.79	\$1.19	\$1.58	\$1.98	\$2.37	\$2.77
\$ 0.89	\$0.89	\$1.34	\$1.78	\$2.23	\$2.67	\$3.12
\$ 0.99	\$0.99	\$1.49	\$1.98	\$2.48	\$2.97	\$3.47
\$ 1.09	\$1.09	\$1.64	\$2.18	\$2.73	\$3.27	\$3.82
\$ 1.19	\$1.19	\$1.79	\$2.38	\$2.98	\$3.57	\$4.17
\$ 1.29	\$1.29	\$1.94	\$2.58	\$3.23	\$3.87	\$4.52
\$ 1.39	\$1.39	\$2.09	\$2.78	\$3.48	\$4.17	\$4.87
\$ 1.49	\$1.49	\$2.24	\$2.98	\$3.73	\$4.47	\$5.22
\$ 1.59	\$1.59	\$2.39	\$3.18	\$3.98	\$4.77	\$5.57
\$ 1.69	\$1.69	\$2.54	\$3.38	\$4.23	\$5.07	\$5.92
\$ 1.79	\$1.79	\$2.69	\$3.58	\$4.48	\$5.37	\$6.27
\$ 1.89	\$1.89	\$2.84	\$3.78	\$4.73	\$5.67	\$6.62
\$ 1.99	\$1.99	\$2.99	\$3.98	\$4.98	\$5.97	\$6.97

**Know how. Know now.**

## Nutrition:

### 1/2 cup Jicama

Nutrition Facts	
Serving Size 1/2 cup (65g)	
Servings Per Container	
Amount Per Serving	
<b>Calories 25</b>	Calories from Fat 0
<hr/>	
	% Daily Value*
<b>Total Fat 0g</b>	<b>0%</b>
Saturated Fat 0g	0%
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 0mg</b>	<b>0%</b>
<b>Total Carbohydrate 6g</b>	<b>2%</b>
Dietary Fiber 3g	12%
Sugars 1g	
<b>Protein 0g</b>	
<hr/>	
Vitamin A 0%	• Vitamin C 20%
Calcium 0%	• Iron 2%

Nutrition facts labels are not always available for fresh fruits and vegetables at the grocery store. This can make it difficult to determine the nutrition content.

The nutrition facts label shown here is for a 1/2 cup of Jicama.

## Recipe:

### Jicama Orange Salad

Preparation Time: 10 minutes

Serves 4

Cups of Vegetables per Serving: 1

#### Ingredients:

- 2 medium oranges, peeled and chopped
- 1 cup jicama, chopped
- 1/2 cup tomatillo, chopped
- 1/2 cup red onion, chopped
- 4 tablespoons cilantro, chopped
- 2 tablespoons lime juice
- 1 teaspoon honey
- 1/2 teaspoon salt
- 2 tablespoons jalapenos, chopped fine

#### Preparation:

- 1.) In a large bowl, mix all ingredients together, and chill for a few hours.
- 2.) Serve as typical salsa with chips or as a topping on tossed salad.



#### **Nutrition Information per Serving:**

Calories 65, Total Fat 0.3 g, Saturated Fat 0.1 g, Cholesterol 0 mg, Sodium 294 mg, Carbohydrates 16 g, Dietary Fiber 4 g, Protein 1 g.