



Jicama Salad with Cucumber and Lime

2 to 3 tablespoons lime juice
1/8 teaspoon chile powder
1 medium cucumber, peeled, seeded, and cut into 1/2 -inch cubes
1 medium jicama, peeled and cut into 1/2-inch cubes
Dash of cayenne pepper
Salt to taste

Put lime juice, chile powder, cucumbers, jicama, cayenne, and salt into a large bowl and toss well. Cover and refrigerate for at least 1 hour before serving.

Makes 4 servings.

Per Serving:

70 Calories

0g Total Fat (0g Saturated Fat)

17g Carbohydrates

2g Protein

0mg Cholesterol

9g Total Fiber

300mg Sodium