

## Jicama Slaw

Jicama is a root vegetable that has a somewhat sweet taste. I use the precut broccoli slaw mix to save time. The slaw mixture you buy premixed is rather bitter so I add a little sugar to the dressing (vinaigrette) to counter balance the bitterness. If you are not a fan of processed sugar, use some honey. Just make sure you taste your dressing before you put it on the vegetables. If it doesn't taste good to you then, it won't on the slaw. The dressing should first taste very tart and end with a sweet finish.

<u>Amount</u>	<u>Ingredient</u>
<b>Vegetable Mix</b>	
1 package	Precut broccoli slaw mix
1 medium size	Jicama
1 bunch	Radishes
To taste (optional)	Red onions chopped very thin julienne like to add the red onions they are a sweet onion, so I feel they add dimension. Some people don't like raw onions, so to each their own.

### Dressing ( Vinaigrette)-

Vinaigrette is the French term for a dressing for particularly anything. In its simplest form it is a combination of oil and acids. The acid is vinegar, any citrus juice, or whole fruit pureed into the oil. The standard French ratio is 3 parts oil to one part acid. In this recipe we use more acid (the lime juice) because that is an important flavor profile for this salad.

1cup	Oil – olive oil preferable
1/3 to ½ cup	Juice of limes
¼ cup	cilantro chopped
1 tbsps	sugar or honey

### Method

#### Vegetable Mix

1. Peel the jicama with a vegetable peeler.
2. Cut into julienne strips about the same size as the slaw mixture.
3. Put in a bowl that looks like it will hold all your vegetables and also have room for you to stir the dressing in.
4. Cut the radishes like the other vegetables. You don't need to peel the radishes. Add to bowl. You won't need the whole bag or bunch of radishes, but you have to buy them that way. So save the rest for a vegetable tray or a sack lunch.
5. Add ½ of the bag of premixed broccoli slaw mixture.
6. Stir to combine.
7. Set aside and make dressing. (Vinaigrette)

**Culinary Trivia** –Pickled vegetables are a standard condiment in Mexican Cuisine. You are familiar with pickled jalapenos (you know on nacho chips at the ball park), but pickled radishes and onions are also two standard condiments for Mexican dishes. Pickled vegetables tend to bring give a burst of flavor to dishes that really brings out the flavors of the main ingredients. That is why pickles are always offered on hamburgers in this country.



### Dressing or Vinaigrette

## Healthy Chef Recipes

Recipe by Chef Gail Crawford



1. Mix olive oil, lime juice, and cilantro
2. Add 1-2 tbsp of sugar to taste or 1 tbsp of honey – to taste also
3. Remix dressing and taste.

### Combine

1. Remix salad dressing.
2. Pour over salad and mix (toss).
3. Serve
4. You can do this ahead of serving just make sure you remix the salad before serving as the dressing will go to the bottom of the bowl.

