

Jicama

- Slightly sweet, nutty flavor, often described as a cross between a potato and pear.
- Store unwrapped at cool room temperatures, or in the refrigerator, free from moisture, for 2 to 3 weeks. Once cut, cover tightly with plastic wrap, and store refrigerated for up to 1 week
- Avoid eating the peel. Only the root is edible.



This institution is an equal opportunity provider.
This material was funded in part by SNAP.

Jicama

- The best way to eat Jicama is to peel it and cut it into sticks, then eat it raw. It's good when refrigerated for a little extra coolness. A classic way to eat it is to dip the sticks in lime juice, chili powder, and salt.
- Turn them into fries with your choice of spices.
- Can be chopped into salads, steamed, boiled, sautéed or fried.
- Add it to a stir fry or vegetable platter.

Jicama contains vitamin C and fiber.

These nutrients may help to support immune health, heart health, and digestive health.



This institution is an equal opportunity provider.
This material was funded in part by SNAP.