

October 2016



Pick a **better** snack™



Jicama

The “j” sounds like an “h.”

Jicama is a root vegetable that comes from Mexico and Central America. You can find it in many grocery stores as well as Mexican markets. It's traditionally eaten with lime juice and cayenne pepper, but it's great in any salad.



Peel. Slice. How easy is that?

Try It!

Jicama has a mild taste and satisfying crunch.

- Dip jicama sticks into salsa, bean dip, guacamole or your favorite dip.
- Add diced jicama to a fruit or lettuce salad, vegetable slaw, stir fry, or soup.

Vegetable of the Month:



Jicama

How to Prepare Jicama

If you've never tried jicama, here's what to do:

- 1 Wash whole jicama under running water.
- 2 Use a sharp vegetable peeler or knife to peel the skin. Don't eat the skin!
- 3 Slice and cut into strips or dice it.
- 4 Eat raw or cooked. Jicama stays crisp even when cooked.



Save Money

WIC can save your family about \$56 a month per person with healthy foods like fruits and vegetables, fat-free or 1% milk, yogurt, cereal and more. Call 1-800-532-1579 and learn how to apply.



Shop Wisely!

Jicama is sold individually (usually in the potato section). Only buy what your family will eat. Store unpeeled jicama in a cool, dry place for up to two weeks. Once jicama is cut, store it in a plastic bag in the frig for one week.

You can expect to pay about **\$1.50**/pound. One medium-sized jicama is about 1 1/2 pounds.

