

Jicama



FREE Spend Smart. Eat Smart. App

Download Iowa State University's Spend Smart. Eat Smart. app to get the best bargains, find out what is in season and discover lots of recipes your whole family will enjoy!

SPEND SMART. EAT SMART.

spendsmart.extension.iastate.edu

Store Properly

Storing your groceries the right way will help them stay fresh longer, save you money and give you more time to think of ways to use them! Jicama should be stored in a dry, cool place for up to two weeks. Raw, cut jicama can be stored in the refrigerator for up to one week.



Get Your Walk On

Join Iowans in all 99 counties in supporting Iowa's Healthiest State Initiative by walking 30 minutes. Join others across the globe in National Walk to School Day. Better yet, "get your walk on" most days every week!

Fuel your fun

Eat fruits
and veggies.



Get your walk on! Join Iowa's Healthiest State Initiative.

Jicama & Black Bean Dip

Serves: 10 Serving Size: ½ cup

Ingredients

- ◆ 1 small jicama (peeled and chopped)
- ◆ 1 can (15-ounces) black beans (drained and rinsed)
- ◆ 1 cup frozen corn, thawed
- ◆ ½ medium green or red bell pepper (seeded and chopped) (about ½ cup)
- ◆ ½ medium onion, diced (about ½ cup)
- ◆ ⅓ cup light Italian dressing
- ◆ Salt and ground black pepper
- ◆ 2 tablespoons chopped fresh cilantro or 1 teaspoon dried cilantro (optional)

Directions

- 1** In large bowl, combine jicama, beans, corn, pepper, onion and dressing. Add cilantro, if desired.
- 2** Stir to coat all vegetables with dressing. Add salt and pepper to taste.
- 3** Serve immediately or cover and refrigerate several hours for flavors to blend.

This recipe is provided by Iowa State University Extension and Outreach. For more recipes like this, visit the **Spend Smart. Eat Smart.** website at <http://spendsmart.extension.iastate.edu>.



This material was funded by USDA's Supplemental Nutrition Assistance Program—SNAP. Pick a better snack™ was developed by the Iowa Department of Public Health in partnership with the Iowa Department of Human Services. Created August 2018.

Pick a better snack™

