

Jicama



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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.



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Fuel your fun

Eat fruits and veggies.



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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.](http://spendsmart.extension.iastate.edu) website at <http://spendsmart.extension.iastate.edu>.

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Pick a better snack™

