



Jicama has thin brown skin that must be peeled before eating. The inside is white and crisp. Jicama can be eaten raw or cooked. Even when cooked, jicama stays crisp.

Jicama

Jicamas are vegetables which grow in the ground as roots.

Jicamas, also known as Mexican Yams, originated in Central and South America and have since spread throughout Asia.

Jicamas require a long growing season in a warm climate. Most jicamas sold in the United States are imported from Mexico and South America.



NUTRITION FACTS

GOOD SOURCE OF VITAMIN C
GOOD SOURCE OF POTASSIUM
FAT FREE
SODIUM FREE
GOOD SOURCE OF FIBER

VARIETIES

There are two main varieties, the *Amazonian Yam Bean* and the *Yam Bean*, the most common variety.

USES

Jicamas are usually eaten raw with seasonings such as lime, salsa and chili powder. They can be cooked into soups and stir-fried dishes as well. They are often added to fresh fruit salads!

