



## **Jicama & Cucumber Salad with Red Chili Dressing**

1/4 cup cider vinegar  
1 1/2 tablespoons mild-flavored honey  
1 tablespoon canola oil  
2 teaspoons minced onion  
1-1 1/2 teaspoons mild-to-medium-hot New Mexican red chile powder, plus more for garnish  
1/4 teaspoon salt  
2 cups diced peeled jicama (about 1/2 medium; see Cook Tips)  
1 medium English cucumber, peeled, seeded and diced  
2 tablespoons chopped fresh mint

Puree vinegar, honey, oil, onion, chile powder to taste and salt in a blender until smooth.

Toss jicama and cucumber with the dressing in a large bowl; stir in mint. Refrigerate for about 30 minutes.

Sprinkle the salad with more chile powder before serving, if desired.

### **Nutritional Analysis**

Calories	63
Fat	3g
Monounsaturated Fat	1g
Sodium	105mg
Carbohydrates	10g
Dietary Fiber	3g
Potassium	157g
Protein	1g

**Dietary Exchanges:** 1 fruit