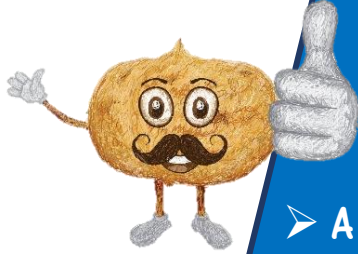


SNACKBITE

Jicama



- Wonderfully juicy, sweet, and nutty tuber with a distinct crunch.
- This round, bulbous root vegetable has its origins in the Mexican peninsula, jicama is pronounced like *hee-cama*. Related to the potato, it is sometimes referred to as the Mexican turnip or Mexican yam.
- A chef's knife is used to peel away the brown, papery skin and then cut the white flesh into chips, matchsticks, or cubes.
- The vegetable is an excellent source of Vitamin C and a good source of fiber. The Vitamin C content is important for keeping body tissues, such as gums, bones, and blood vessels in good shape. C is also key if you get a cut or wound because it helps you heal.
- Some jicama can weigh up to 50 pounds, but they're best when harvested at around five pounds.
- It is a popular street food in Mexico. It is sliced to look similar to French fries and is seasoned with lime, salt, and chili.



Be sure to visit the Fresh Fruit & Vegetable Program page under West Fargo Public Schools Food Service tab for program information and activities.

This institution is an equal opportunity provider.