

Tips from your Kroger Dietitians:

Not only is eating well an important part of staying healthy, it is also an opportunity to enjoy foods in new and tasty ways. Variety is the cornerstone of good nutrition, and aiming for a diet that includes plenty of fruits and vegetables, lean meats and seafood, whole grains, and low fat dairy means tons of options for flavors you love. We hope you'll try this delicious, nutritious recipe. Want to learn more about how to make good nutrition both easy AND delicious? Visit www.thelittleclinic.com/dietitians or email dietitians@thelittleclinic.com to easily connect with a nutrition expert in select stores.

1/4x Jicama and Red Pepper Salad

Jicama might not look too promising when you buy it, but underneath its coarse skin lies a sweet, crunchy, refreshing vegetable.

Serves: 8

Ingredients:

- 3 tbsp lime juice, about 2 limes
- 1 tbsp sugar
- 1 tsp Tabasco sauce
- Salt and pepper as needed
- 1/3 cup canola oil
- 1 medium jicama, peeled and julienned
- 1 large red pepper, cut into julienne
- 2 tbsp chopped cilantro
- 2 scallions, sliced thin on the bias
- 2 tsp minced garlic

1. To make the dressing, combine the lime juice, sugar, Tabasco, salt, and pepper in a medium bowl. Add the oil in a steady stream, whisking constantly.
2. Add the jicama, red pepper, cilantro, scallions, and garlic to the dressing and toss to combine.
3. Cover the salad and marinate in the refrigerator for at least 30 minutes and up to 3 days before serving. Serve the salad chilled or at room temperature.



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