





Jicama

Benefits of jicama:

-  High in fiber
-  High in Vitamin C and B6
-  High in antioxidants to prevent heart disease and some cancers.

When are they in season?

-  Harvested during the summer months in Wisconsin.

Food Safety for jicama

Cut out damaged or bruised areas. Jicama will remain fresher for a longer time if remained dry.

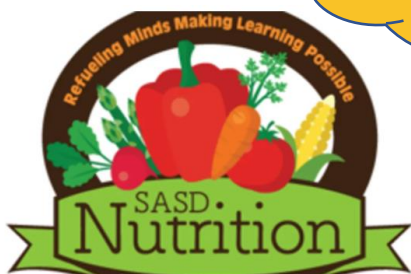
Store jicama in the refrigerator.

Separate jicama from meat. Use different cutting boards for meats and fruits.

Did you know... Jicama can be named Mexican potato, Mexican yam bean, ahupa, saa got, Chinese turnip, lo bok, and Chinese potato.

Resource:

Fruit and Vegetable Safety. (2021, January 05). Retrieved January 06, 2021, from <https://www.cdc.gov/foodsafety/communication/steps-healthy-fruits-veggies.html>
Food 4 life. (n.d.). Jicama. Retrieved January 18, 2021, from https://www.marshall.k12.mn.us/cms/lib03/MN01001460/Centricity/Domain/23/Jicama_Fact_Sheet%20Dec2013.pdf
Pictures: Creative Commons



Elena Garcia, UWGB Dietetic Intern: January 2021

Jicama fries

Serves 5

Ingredients

- 1 jicama (about 2 pounds)
- 2 tablespoon olive oil
- 1 teaspoon salt
- 1 teaspoon garlic powder
- 1 teaspoon paprika

Directions

1. Preheat oven to 400 degrees Fahrenheit.
2. Peel and chop the jicama into fry/wedges shapes, about 1/4 inch thick.
3. Add the chopped jicama to a bowl and add about 1/2 cup water.
4. Cover with a paper towel and microwave on high for 10 minutes, giving a quick stir halfway.
5. Carefully remove from microwave.
6. Drain off any excess water and pat the jicama dry.
7. Toss with olive oil and seasonings.
8. Transfer to a baking tray lined with parchment paper and spread into one even sheet.
9. Bake for 25 minutes, flip/stir around, and bake an additional 20-30 minutes or until the edges are crispy.
10. Serve.

