



## Honey Jicama Sticks



### **Ingredients:** Yield 10 servings

- 1 Large jicama, peeled and cut into strips
- 1 Large carrot, cut into strips
- 2 Medium red bell pepper, cut into strips
- 1 Small red onion sliced
- 2 Green chili peppers, seeded and minced
- 1 tsp. fresh ginger root shredded
- 2/3 Cup red wine vinegar
- 4 Tbsp. honey
- Salt to taste

### **Preparation:**

Combine vegetables in a large bowl. Whisk vinegar, honey, and salt together in a separate bowl; pour over the vegetable mixture and toss to coat. Refrigerate at least one hour before serving.

Recipe adapted from Allrecipes.com

### **Nutritional information for 1/2 cup**

**Serving:** Calories 90, Fat 0gm, Fiber 7gm, Cholesterol 0 mg, Sodium 115mg.

Ask the Dietitian County of Los Angeles [www.lapublichealth.org/nutrition](http://www.lapublichealth.org/nutrition)

Rev. 5/2013



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