

Romaine, Mango and Jicama salad

Ingredients

Serves 6

8 cups Romaine Lettuce about one head or 8 cups Mixed Salad Greens

1/2 cup Red Onion finely sliced

1 Mango ripe but firm, peeled and cut into 3/4 inch cubes

1/2 cup Jicama cut into 1/4 x 2" strips

1 Avocado peeled and sliced

1 1/2 tablespoons Apple Cider Vinegar

1 clove Garlic minced

1/4 cup Fresh Cilantro cut and discard bottom 2 inches of stems, chopped

1 teaspoon Honey

1/4 teaspoon Salt adjust to taste

1/4 teaspoon Black Pepper adjust to taste

1/4 cup Olive Oil

A splash of OJ

Directions

1. Wash, strain and cut/tear lettuce into small bite size piece.
2. In a large bowl: add lettuce, onion mango and jicama.
3. Prepare dressing: a. In a small container: mix cider vinegar, garlic, cilantro, honey, salt and pepper and OJ . Add olive oil slowly, while stirring to blend well.
4. Toss salad lightly with dressing and adjust seasoning if it is necessary.
5. Garnish with avocado slices.
6. Serve.

Chef's Tips

- You might also try this recipe with 1/4 cup of your favorite vinaigrette dressing, 1 1/2 tablespoon lime juice, plus 1 teaspoon honey.

Nutrition Facts

Serving Size 1.50 cup
Serving Per Container 6

Amount Per Serving

Calories 175

	% Daily Value*
Total Fat 14 g	18%
Saturated Fat 2 g	10%
Sodium 108 mg	5%
Total Carbohydrate 13 g	5%
Dietary Fiber 5 g	18%
Sugars <1 g	

* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

Publication: [Cook Well Live Better](#)

Cooking Environment: [Limited Kitchen](#), [Very Quick](#), [No-cook](#)

Source: [City and County of San Francisco, Department of Public Health, Nutrition Services and Mission Latino Family Partnership \(MLFP\)](#)

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