Preparing Jicama

STEP 1
Select jicamas that have few grooves and minimal bruising.

STEP 2
Begin by peeling the skin.

STEP 3
Slice jicama into manageable sections.

STEP 4
Cut sections into strips or cubes.

Jicama is a root vegetable, also known as a Mexican potato.
It is slightly sweet, with a nutty taste.
It is high in vitamin C with no fat!
It’s great peeled and eaten raw or sautéed with other vegetables.

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