

Jicama Slaw

Source: Bobby Flay

Internet Address:

http://www.foodnetwork.com/food/recipes/recipe/0,1977,FOOD_9936_28571,00.html



1 large jicama, peeled and finely shredded
 1/2 head Napa cabbage, finely shredded
 2 whole carrots, shredded
 1/2 cup fresh lime juice
 2 tablespoons rice vinegar
 2 tablespoons ancho chili powder
 2 tablespoons honey, pale golden, not dark
 1/2 cup canola oil
 Salt and freshly ground black pepper
 1/2 cup fresh cilantro leaves, finely chopped

*Per Serving (excluding unknown items): 187 Calories; 14g Fat (64.4% calories from fat); 1g Protein; 16g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 30mg Sodium.
 Exchanges: 1/2 Grain(Starch); 1/2 Vegetable; 0 Fruit; 3 Fat; 1/2 Other Carbohydrates.*

Carolyn T's Tasting Spoons blog:

<http://tastingspoons.com>

Description:

Notes: You can also julienne the jicama, rather than shred it. Bobby Flay recommends shredding (I did it in the food processor) which makes the jicama almost soft. You lose the crunch, so if you enjoy the crunchy texture, cut it into matchstick pieces and continue the recipe from there.

1. Place jicama, cabbage, and carrots in a large bowl. Whisk together the lime juice, vinegar, ancho powder, honey, and oil in a medium bowl. Season with salt and pepper, to taste.
2. Pour the dressing over the jicama mixture and toss to coat well. Fold in the cilantro. Let stand at room temperature for 15 minutes before serving.