

Jicama and Sweet Lemon Salad

- 1 small jicama (about 2 cups when chopped)
- ½ medium red bell pepper, thinly sliced and cut into 2 inch long pieces
- 1 cup diced fresh pineapple
- 2 Tablespoons fresh cilantro
- ¼ cup finely chopped red onion
- 1 teaspoon lemon zest
- 3 Tablespoons fresh lemon juice
- 1 Tablespoon honey or white sugar or sugar substitute
- 2 Tablespoons canola oil
- 2 teaspoons grated fresh ginger
- ⅛ teaspoon dried red pepper flakes

Combine all ingredients in a large bowl and toss gently until well blended. Let stand 15 minutes before serving. This is excellent on top of a meat or vegetarian taco or quesadilla!

Recipe and photo taken from “The Heart Smart Diabetes Kitchen Cookbook” by canolainfo.org and *The American Diabetes Association*

