

Recipe for

Jicama Tacos



SERVES 1

PREP TIME/TOTAL

TIME Approx 15 min/ 20 min

NUTRITION INFORMATION

Total Calories 274

Fat 15.9 g

Protein 4.8 g

Carbohydrates 13.9 g

Fiber 1.7 g

INGREDIENTS

10-12 walnut halves

1 tbsp of lime juice

1/4 tsp of smoked paprika

1/4 tsp of cumin

1 medium tomato

1/4 of medium size onion

1/2 regular cucumber

2 tbsp of fresh or dried cilantro

1 jicama thinly sliced or a pack of sliced jicama

DIRECTIONS

Chop or coarsely blend one serving of walnuts (approximately 10-12 walnut halves)

Place in small mixing bowl. Add 1/2 juice from lime, smoked paprika, cumin, chili powder until desired flavor for your taste preference reached.

Dice tomato, onion, and cucumber, roughly chop cilantro.

Place all ingredients onto a jicama "taco" and enjoy.