



# JICAMA

- ◆ Jicama is a member of the potato family that has been growing in Mexico and Central America for centuries.
- ◆ Good source of fiber, antioxidants, potassium and vitamin C, only 50 calories per cup. It is fat free and low in sodium.
- ◆ In Asia it is called tuber bangkwang and in China it is know as sa kot or yam bean.
- ◆ Jicama tastes like a cross between a potato and a pear.
- ◆ The root is fine to eat, but the leaves of the jicama plant is very poisonous.
- ◆ A good way to try jicama at home is with lime and chili powder, or in a salad.

