



Jicama Citrus Chia Salad

This is a refreshing and light-tasting side salad you can make almost any time of the year. It's also packed with vitamin C and lots of fiber from the jicama and chia seeds in the dressing. Every part of the orange is used here, so nothing goes to waste.

Ingredients

1 orange
2 cups arugula
1 cup jicama (chopped)
Optional: thin red onion slices

Dressing Ingredients

zest of 1 orange
1/3 cup orange juice
2 tsp dry MySeeds Chia
1/2 tsp extra virgin olive oil
1 tbsp cilantro (chopped)
1/4 tsp chili powder



This side salad is super easy to make. First, zest the orange and set the zest aside. Cut off the remaining white part of the peel and save about a quarter for the dressing. Cut the rest into thin slices for the salad.

This salad can be served over lettuce, spinach or arugula leaves. Whichever you have chosen, tear up the leaves and place them in a large bowl. Next, peel and chop the jicama into bite size pieces (shown at left) and drop them into the bowl with the orange slices and torn leaves.

You can simply mix the dressing up in a measuring cup. Squeeze the orange section to get 1/3 cup of orange juice, then put in the zest. Add the olive oil and chili powder. Chop the cilantro leaves as finely as you can (they're flavorful!)

Stir everything together well in the measuring cup, then add the 2 tsp dry MySeeds Chia. The chia will hydrate a little bit, but it will stick among the ingredients when you toss the salad.



Spoon onto plates to serve, and you're ready to go!



Most people don't pay much attention to the jicama. Like a potato, it is a root so it's plain and brown, not attracting much attention in the store. It's very simple to prepare as there's no need to cook it. The peel is thick and leathery and easy to remove. The interior is crisp, and very lightly sweet tasting so it won't offend anyone. Always try to find smaller jicamas as their taste is superior.

The jicama has an extremely high fiber content, so it's great to help you feel full and keep digestion flowing smoothly. Jicama is also rumored to combat car-sickness...

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