

## Fall 2001 Recipes

### Snacks

#### Jicama and Homemade Salsa

*A jicama is a large brown vegetable with a thin skin. It's easy to peel and cut into thin, crisp, slices-great for dipping into salsa.*

Serves 6

Provides 2 1/2 vegetable servings per person

- 6 Roma tomatoes, cored and chopped (3 cups)
- 1 jalapeño chili, chopped with seeds (if you like it hot) or seeds removed
- 3 cloves garlic, bashed and chopped
- 1 cup chopped sweet onion
- 1/4 teaspoon ground cumin
- 1 teaspoon mild chili powder
- 1/4 teaspoon salt
- 4 tablespoons chopped cilantro
- 1 15-ounce can reduced sodium black beans, drained and rinsed (1 1/2 cups)
- 1 large jicama, peeled and cut into slices (2 cups)

1. Combine the chopped tomatoes, jalapeño, garlic, onion, cumin, chili powder, salt, cilantro, and black beans, and let sit for at least 1/2 hour for the flavors to mellow.

2. Serve the salsa with the jicama slices.

#### Nutritional Analysis

Per Serving:

87 calories

0 g fat

0% calories from fat

0 g saturated fat

0% calories from saturated fat

20 g carbohydrates

240 mg sodium

7 g dietary fiber