1. The best jicamas have few grooves and minimal bruising

2. Begin by peeling the skin

Preparing Jicama

What is jicama?

- A root vegetable also known as a Mexican potato
- Slightly sweet and nutty taste
- High in vitamin C. No fat!
- Peel & eat raw or sauté with other vegetables

3. Slice jicama into manageable sections

4. Cut section into strips or cubes.

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