

Tex Mex Jicama Salad

Hugh Carpenter, cookbook author



This is worth making - even if you think you don't really like jicama.

1 pound jicama

2 cups watercress

1 whole red bell pepper

1 cup pecan halves

1/4 cup lime juice, freshly squeezed

3 tablespoons walnut oil, or pecan oil

2 tablespoons honey

1 teaspoon hot chili sauce

1/2 teaspoon ground cumin

1/2 teaspoon salt

1 whole garlic clove, minced

2 tablespoons cilantro, chopped

Serving Ideas: Good with grilled meat. Since I have trouble finding watercress I have used arugula and it was just great.

Servings: 4

The dressing is sensational, and could also be drizzled on grilled salmon or halibut. Since jicama has very little taste, it's the dressing you DO taste. Give yourself plenty of time to julienne the jicama and red bell pepper. If you don't have Asian chile sauce, use some kind of hot sauce to give it a kick.

1. Advance Preparation: Preheat oven to 325°. Using a knife, trim off the jicama skin - hold the jicama on its edge and slice away pieces of skin. This is much easier than using a potato peeler. Cut the jicama in small julienne pieces. You want about 4 cups total. Place in a plastic bag and refrigerate. Wash the watercress, discard any tough ends, and refrigerate. Char the red pepper over a gas flame or under the broiler. Just cook until the skin is charred on all sides. Transfer to a plastic bag, seal and set aside for 10 minutes. Then rub away any skin, stem it and cut into matchstick sized pieces. Refrigerate.

2. Place nuts on a baking sheet and toast for about 15 minutes or until golden brown. In a small bowl combine the lime juice, oil, honey, chile sauce, cumin, salt, garlic and cilantro. Refrigerate. All of the above can be done up to 8 hours in advance.

3. To serve: In a large bowl combine the jicama, watercress, red pepper, and nuts. Stir the dressing and pour over the jicama, then toss until evenly coated. Transfer to a salad platter or on individual plates.

Per Serving (excluding unknown items): 361 Calories; 29g Fat (67.5% calories from fat); 4g Protein; 27g Carbohydrate; 8g Dietary Fiber; 0mg Cholesterol; 281mg Sodium. Exchanges: 1 Grain(Starch); 0 Lean Meat; 1/2 Vegetable; 0 Fruit; 5 1/2 Fat; 1/2 Other Carbohydrates.

Carolyn T's Blog - Tasting Spoons:
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