

Health Benefits of Jicama



Jicama (HIK-a-ma) is in the pea family, with a thick, brown skin and a white, crisp inside. Jicama is popular in Latin American cuisines and is also known as a Mexican turnip, a Mexican/Chinese potato, and a yam bean. They are a prebiotic food, rich in fiber, nutrients, and water. They have a unique, slightly sweet and nutty flavor, described as a cross between an apple and potato, making them an easy, versatile food that can be enjoyed as is, or as a juicy addition to endless dishes.

WHAT MAKES JICAMA GREAT?

Nutrition

1 cup of fresh jicama provides 49 calories, 1 gm protein, 6.4 gm fiber, no fat, and no cholesterol.

Vitamins

Jicama contains a significant amount of vitamin C, a powerful antioxidant that fights damaging free radicals, promotes healing, and maintains healthy skin, bones, and cartilage. It also contains vitamin B6, which aside from being a critical vitamin for pregnant women, plays an important role in metabolism, mood regulation, brain health, and heart health.

Minerals

There is a high amount of potassium in jicama, which helps maintain fluid levels, aids in muscle contractions, and promotes healthy blood pressure. Jicama also contains magnesium, which supports muscle and nerve function. Additionally, jicama is a source of iron. Iron is important for growth and development, and is needed to make hemoglobin and myoglobin; two proteins that carry oxygen throughout the body.

Fiber

Jicama contains soluble fiber and inulin. Soluble fiber is associated with a decreased risk of heart disease, lowered cholesterol, and blood sugar control. Inulin is a prebiotic fiber that feeds our healthy gut bacteria and allows the absorption of more nutrients. As these healthy colonies grow, they help to lower weight, boost mood and lower the risk of certain chronic diseases.

BUYING & USING JICAMA

When buying jicama, select a firm, dry bulb with smooth and unblemished skin. Avoid bulbs that are bruised, soft to the touch, or shriveled.

CAUTION: It is crucial to know that only the bulb of the jicama is safe to consume. The rest of the plant including the beans and the flowers contains *rotenone*, which is toxic to humans. The jicama bulb grows underground and the skin can contain bacteria from soil or water. It is important to wash and remove the skin before cutting into it. Then wash the knife well before continuing to cut the jicama.

A whole, unpeeled jicama can last up to two weeks in the refrigerator, or up to one week on the counter, as long as it is not too warm and is not in direct sunlight. Once peeled, the jicama can be sliced and kept in water in the refrigerator for a few days. However, jicama is best eaten fresh, and soon after cutting.

Jicama is traditionally eaten raw, peeled and sliced into strips, usually with lemon or lime juice and seasoned with chili powder. It can also be sliced thin and added to sandwiches or salads for a crunch, or replace the tortilla in tacos.

Jicama pairs well with greens, olives, avocado, hummus, lime, grilled fish, and roasted pork. Since jicama is porous, it picks up flavors easily. It can be marinated and added to recipes such as stir fry, or cooked with low heat until barely tender. Add it to the end of the cooking process if incorporating it into chilis or other soups.



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Avocado Cucumber Jicama Salad

livelytable.com

This dish is best made just before serving to prevent the avocado from browning. Try adding other fresh herbs, such as parsley or mint or finely diced jalapeño for some heat.

Ingredients:

1 medium avocado	1 tbsp fresh lime juice
½ cup cucumber	Olive oil
½ cup jicama	Coarse sea salt
1 Tbsp cilantro, chopped	Freshly cracked black pepper

Instructions:

1. Use a sharp knife to peel the skin from the jicama and dice into ½ inch pieces.
2. Dice cucumber into 1/2 inch pieces.
3. Peel and pit avocado and dice into ¼ to ½ inch pieces.
4. Add avocado, cucumber, jicama, and cilantro to a large bowl. Add lime juice and stir gently.
6. Drizzle lightly with olive oil and sprinkle with salt and pepper to taste just before serving.



Mango Jicama Slaw

Eatingbirdfood.com

Ingredients:

3 cups shredded green cabbage
 1 cup julienned jicama
 ½ cup mango, thinly sliced or julienned
 ¼ cup fresh cilantro, chopped

Mango Dressing

¼ cup mango chunks	2 Tbsp honey
2 Tbsp olive oil	2 tsp lime juice
2 Tbsp rice vinegar	1 clove garlic
½ tsp crushed red pepper flakes	¼ tsp sea salt

Instructions:

1. Prep slaw ingredients and place your cabbage, jicama, mango and cilantro in a salad bowl. Toss to combine.
2. Add all ingredients for the mango dressing into a blender and blend until smooth. The batch will make about ¾ cup. Pour ½ cup over slaw mixture and toss to combine. Taste and add more dressing if needed.
3. Store any remaining dressing and salad in a sealed container in the fridge for up to 3 days.

Chile and Lime Infused Jicama Sticks

thismessisours.com

Ingredients:

1 ½ pound jicama, peeled	1- 2 tsp sugar
¼ cup lime juice	¼ tsp chili or red pepper flakes
1 Tbsp fresh orange juice	¼ tsp sea salt
1 Tbsp white vinegar	⅛ tsp ground black pepper
½ tsp Ancho chile powder	1 ½ tsp finely chopped cilantro lime wedges

Instructions:

1. Cut the jicama lengthwise into ½-inch-thick slices, then cut the slices into ½-inch-wide sticks.
2. In a medium sized bowl combine the lime juice, orange juice, vinegar, chile powder, chile flakes, salt, pepper, cilantro and sugar.
3. Add the jicama sticks to the bowl and toss to combine. Marinate for at least 30 minutes in the refrigerator.
4. Arrange the marinated jicama slices into tall serving glasses with thin wedges of lime. Serve immediately

REFERENCES

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