

# February's Try-Day Friday



Preparing Young Children  
for Lifelong Success

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## Try Jicama! (hick-ah-mah)

**What is it?** Also called the yam bean or the Mexican Turnip or Potato, this tuber has a crispy, crunchy white flesh beneath a rough, papery brown skin. Eaten raw, the taste is refreshing and mildly sweet, comparable to a mellow apple or water chestnut. Cooked and seasoned, jicama will resemble a potato. Jicama provides lots of fiber, Vitamin C, and several minerals and B vitamins.



**Where do I find it?** Jicama is a common US import and carried year round by some grocery stores in Wichita. Grown in places from California, Central and South America (where it originates from), and parts of Asia, the best and most flavorful jicama month is hard to pin down.

**How do I choose it?** A jicama should be firm, with few or no soft spots or bruises. Choose a smaller jicama with a thin skin if it will be eaten raw with a salad or for snacking. These will be sweeter. Larger jicama with thicker skin will be “woody” and are better used for baking and recipes with strong seasoning. Another trick for a sweet jicama is to store it in the crisper drawer for a week or two before cutting into it, letting the starches break down into sugar naturally. Once cut, a jicama must be kept cold and dry, so store it in a plastic bag in the fridge.

**How do I use it?** Jicama is often paired with lime, chili powder, cinnamon, or cilantro in a variety of dishes.

Try one of these: [Exotic Fruit Salad](#)

### Ingredients (for 4 servings)

1 each: Jicama, Mango, Red Bell Pepper, Orange, Kiwi  
1/2 C Black Grapes or Blackberries  
3 Tbsp Lime Juice, A pinch of cilantro leaves, and a drizzle of local honey

### Instructions

Wash and peel your fruits. Remove seeds and stem from the bell pepper. Cut the fruits into interesting bite-size shapes and pieces. Toss with the cilantro, lime juice and honey. Chill until serving. Enjoy.

### Eat Real America's Jicama Fries

[eatrealamerica.com/recipes/jicama-fries](http://eatrealamerica.com/recipes/jicama-fries)

### Ingredients (for 4 servings)

1 Jicama (peeled and cut into strips)  
1 Tbsp Olive Oil, 1 tsp Rosemary, 1/4 tsp black pepper  
1/2 tsp each: sea salt, garlic salt, smoked paprika,  
ground cumin

### Instructions

Stir and coat well in a large bowl. Spread onto baking sheet in a single layer. Bake 15 min at 400 degrees. Remove from oven and stir, then return to oven and bake 10 min more.