

SAISD CHILD NUTRITION SERVICES
FRESH FRUIT & VEGETABLE PROGRAM

JICAMA



Jicama boosts heart health, aids in digestion, improves brain function, and boosts your immunity. Remove jicama's tough brown skin using a vegetable peeler before eating or cooking. Even though jicama looks like a potato, the taste is similar to an apple. It has a crisp texture and a nutty flavor. Other names for jicama include Mexican potato, Mexican water chestnut and Chinese turnip.

THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER