

# balance

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HEALTH & WELLNESS TIPS FOR YOUR LIFE

## Orange and Jicama Salsa

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Serves: 8

**Ingredients:**

6 medium oranges, peeled, sectioned and chopped  
1½ cups jicama, peeled and cubed  
¼ cup red onion  
¼ cup sweet red pepper  
2 green onions, thinly sliced  
¼ cup fresh cilantro, minced  
1 tablespoon lime juice  
1 jalapeno pepper, finely chopped  
½ teaspoon sugar  
1/8 teaspoon salt

**Directions:**

Combine all ingredients in a large bowl and chill. Serve with pita points or low-fat corn tortilla chips.

Only 22 calories in each quarter-cup – enjoy!