



## jicama sticks

*Kids and adults love  
crunchy jicama sticks!*

*Jicama is a root vegetable with a thick brown peel. After it is peeled and cut into sticks, jicama is white, crunchy and has a slightly sweet taste.*

**Select:** Choose a firm jicama that smells fresh. Look for one that is small, about 2 to 3 inches long, and has a smooth light brown peel.

**Store:** Refrigerate jicama in a plastic bag. Use within 2 weeks.

**Prepare:** Rinse jicama with water before peeling. Use a sharp knife to cut off the ends. Rest the jicama on one flat end. Follow the curve of the jicama with your knife to cut the peel off. Cut into thin sticks.



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