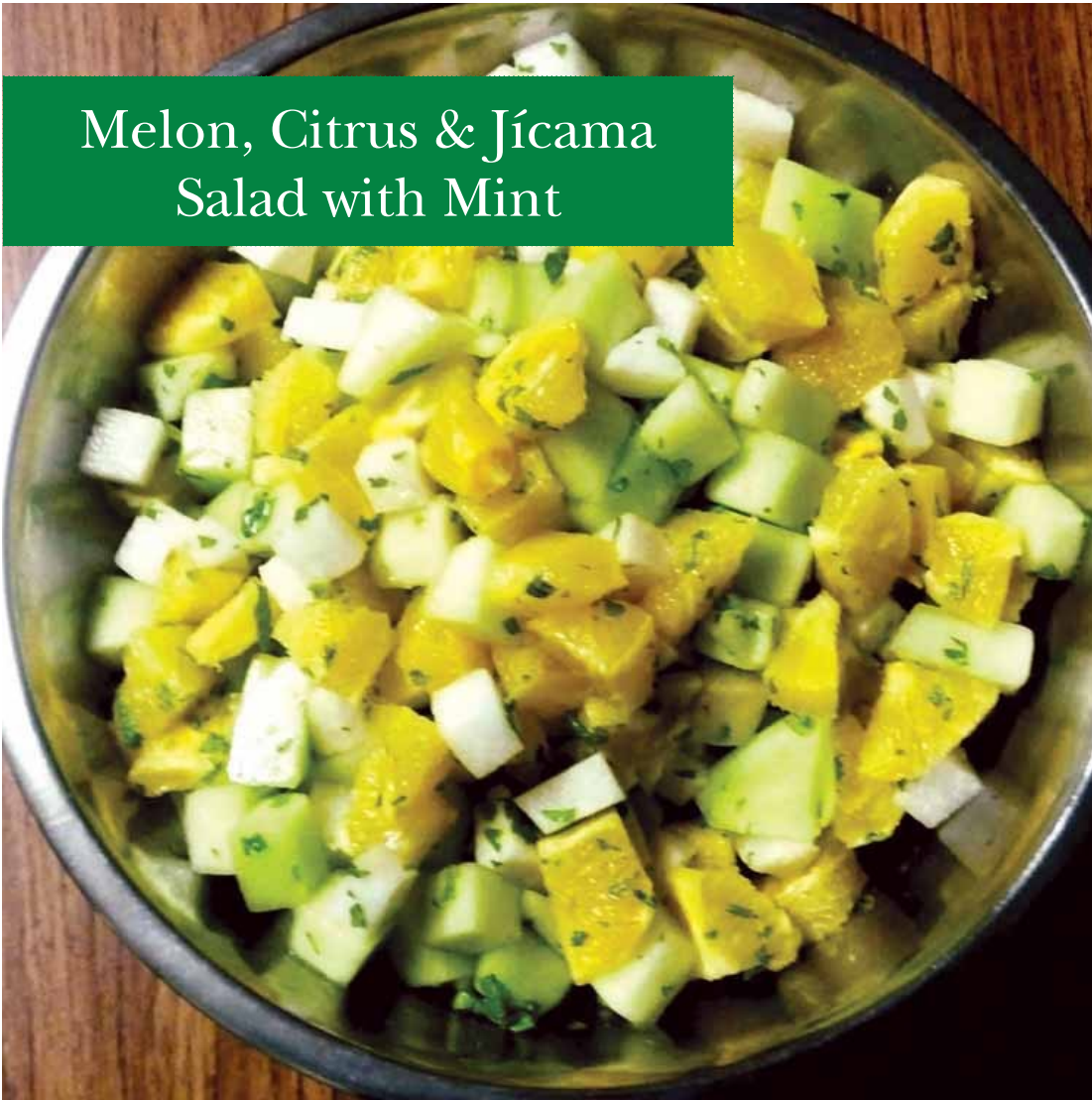


Melon, Citrus & Jícama Salad with Mint



NUTRITION INFORMATION

SERVING SIZE: ½ cup

Amount per Serving	
Calories	57 kcal
Protein	1.09 g
Carbohydrate	14.05 g
Total Fat	0.17 g
Saturated Fat	0.04 g
Cholesterol	0 mg
Vitamin A	326.53 IU
Vitamin C	44.50 mg
Iron	0.34 mg
Calcium	31.37 mg
Sodium	11.53 mg
Dietary Fiber	2.13 g

EQUIVALENTS: ½ cup provides ½ cup fruit/vegetable.

Recipe HACCP Process: #1 No Cook

“School cafeterias serve as classrooms. The lessons that can be taught in the lunch line are as important as other school subjects — one could argue even more important.”

— KORTNEE BUSH

Melon, Citrus & Jícama Salad with Mint • 54 servings (½ cup)

INGREDIENTS	WEIGHT	MEASURE	METHOD
Honeydew melon	7 lb	2 each	1 Peel, seed and cut melon into ½-inch cubes.
Oranges	8 lb 2 oz	24 each	2 Peel and cut oranges into ½-inch cubes.
Jícama	2 lb 3 oz	2 medium	3 Peel and cut jícama into ½-inch cubes.
Fresh mint		1 small bunch	4 Remove mint leaves from stems and mince.
Lime juice	7 oz	1 cup	5 Combine the melon, oranges, jícama, mint and lime juice in a large bowl. Chill for 30 minutes before serving.



NOTES

- Any variety of melon will work in this salad.
- Try peeled diced kohlrabi in place of the jícama.