

Mango-Orange-Jicama Salad

3 tablespoons sugar
1/4 teaspoon grated lime zest plus 3 tablespoons
juice (2 limes)
1/4 teaspoon red pepper flakes
Pinch salt
12 ounces jícama
2 mangos
2 oranges



1. Peel the jícama, and cut into 1/4" dice (should yield 1-1/2 cups).
2. In small saucepan, add the 3 tablespoons sugar, lime zest and juice, 1/4 teaspoon red pepper flakes, a pinch salt. Put over medium burner and cook for 1 to 2 minutes until the sugar dissolves; stirring constantly. Remove pan from burner, stir in jícama to coat, and allow the syrup to cool for 20 minutes.
3. Meanwhile, peel the mangos, removing pit, and cut into 1/2" dice (should yield about 4 cups). Add to a large serving bowl. Peel your oranges and cut away the pith. Slice into 1/2" thick rounds and then into 1/2" dice. Add to bowl with diced mango.
4. After the syrup has cooled for 20 minutes, pour over fruit in serving bowl and toss until well combined. Cover and refrigerate for 15 minutes prior to serving.