



This Week's Featured Food: The versatile Jicama!

What is a Jicama?

- Jicama originated from the Mexican peninsula and is pronounced “hee-cama”
- It is part of the legume family but resembles the taste of an apple.

Did you know?

- An excellent source of vitamin C which strengthens the immune system! Jicama is also a great source of fiber!
 - Goes well in stir-fry, salads, slaws and soups.
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