

PINEAPPLE, JICAMA, & CUCUMBER SALAD

Yield: 12 Servings (½ cup per serving)



TOTAL TIME: 30 minutes

INGREDIENTS

- 1 pineapple, peeled, cored, ½-inch diced
- 1 jicama, peeled, matchstick cut
- 1 seedless cucumber, peeled, quartered, cored, centers removed, cubed
- 1 bunch green onions, very thinly sliced
- Juice of 3 limes (about ⅓ cup)
- Zest of one lime
- 3 Tbsp. honey
- ½ cup and 2 Tbsp. Wegmans Pure Olive Oil
- 1 Tbsp. Italian Classics Hot Pepper Spread

PREPARATION

1. Combine pineapple, jicama, cucumber and green onions in large bowl. Set aside.
2. Make dressing: Whisk together lime juice, zest and honey in small bowl. Whisk in olive oil.
3. Add dressing and hot pepper spread to vegetables; toss. Season to taste with salt and pepper.

NUTRITION

Per serving: Calories: 110; Fat: 7 g; Cholesterol: 0; Carbohydrates: 13 g; Protein: 1 g; Fiber: 3 g; Sodium: 15 mg.

Recipe courtesy of Wegmans