



# Jicama Salad with Grapefruit, Avocado & Citrus Vinaigrette

PREP TIME: 20 min | SERVINGS: 6

PER SERVING: 248  
Calories

## Ingredients

### For the Vinaigrette:

1 Tbsp. Dijon mustard  
1 Tbsp. sherry vinegar  
3 Tbsp. orange juice, fresh squeezed  
2 Tbsp. olive oil  
1 Tbsp. chopped cilantro  
2 tsp minced shallots  
Kosher salt, to taste  
Black pepper, to taste

### For the Salad:

1 medium jicama, peeled, cut into sticks  
2 medium oranges, segmented, diced large  
1 large grapefruit, segmented, diced large  
1-2 jalapenos, deseeded and minced finely  
2 avocados, peeled, pitted and diced medium  
3 Tbsp. cilantro, stems included



Exclusive Recipe by **Chef Ryan Hutmacher**, Centered Chef Founder & Winner of ABC's "The Chew: Search for the Weight Watchers Chef"

## METHOD

### Vinaigrette:

Place the mustard, vinegar, orange juice and olive oil in a small mixing bowl and whisk to combine. Stir in the cilantro and shallots and season with salt and pepper.

### Salad:

Toss jicama, orange and grapefruit segments and jalapenos together in a medium size bowl. Add desired amount of vinaigrette to preference.

Just before serving, gently stir in diced avocado and cilantro. Season with salt and pepper if needed.

### Tips

You can use canned mandarin oranges, but seek out ones in "light" syrup.

We educate, entertain  
and inspire wellness.



@TheCenteredChef