



Jicama Rolls

This is a great appetizer or snack. I served them at my son engagement party to a regular crowd, not raw food people. Everyone loved them.

To make the jicama rolls, simply peel a whole jicama root. Next, cut it in half (so that you have to half moon shapes). Lay it with the cut side facing down and slice the two narrow sides off so that the cut side takes on a rectangular shape.



Next, slice the root, cut side still down, thinly on a mandolin. The slices must be very thin. Try one slice first to see if you can roll it. If it breaks you need to make the jicama slices thinner.



Take the slices, and stuff them with veggies of your choice! For my son's engagement party I made one stuffed with julienne zucchini, carrots and basil and one with swiss chard and red pepper.

I served them with Creamy Asian Dressing.

Copyright © 2013 Ingrid DeHart www.eatwellenjoylife.com