

Jicama, also known as the Mexican potato/Mexican water chestnut/yam bean, is a large, bulbous root with thick brown skin on the outside and crisp white flesh on the inside. When taking a bite out of jicama, you will get a nice crunch paired with a mildly sweet, nutty flavor. The texture and taste of jicama are similar to that of a water chestnut. Jicama is low carb and packed with vitamin C, making it the perfect healthy snack.

While jicama is mainly consumed raw, it also goes great on the grill or baked like French fries. Use in salsas, as a soup topper, mixed into coleslaw, or add to ceviche to celebrate its crunchy texture. You can also just cut into strips for an easy snack that pairs well with fresh dips.

When selecting jicama, look for firm, well-formed tubers, free of blemishes. Store whole in a cool, dark, dry place for up to three weeks. Wash and peel before eating. Wrap cut pieces in plastic and refrigerate for up to one week.