

Zesty Jicama Salad

By Mary Pomerantz



Salad Ingredients

- 1 medium-large jicama, *peeled and cubed 4 to 6 cups*
- 3 small Persian cucumbers, *cubed about 3 cups*
- 2 large navel oranges, *peeled, sliced, and sectioned*
- 1/2 medium sweet onion, *chopped about 1 cup*
- 3 mini sweet peppers, sliced *thinly any color, optional*
- 1 bunch cilantro, finely *chopped about 1 cup*

Maple Lime Dressing
below

- 3 small avocados, diced *about 1 1/2 cups*

Dressing Ingredients

- 3 small limes, juiced *(about 1/4 cup juice)*
- 2 tablespoons olive oil
- 2 tablespoons pure maple syrup

- 1 tablespoon Tajin chili lime seasoning salt *plus more for the table*
- 1/2 teaspoon ground cumin

Chopping the veggies and oranges

Jicama has a tough, often waxed, skin. It can't be removed with a vegetable peeler. Use a sharp paring knife to pare the skin off. Cut in 1-inch cubes. Add to a salad bowl.

Leave the peel on the cucumbers. Cut them half lengthwise, and in half again to cube them about the same size as the jicama. Place in the bowl.

Peel oranges. Slice in 1/2-inch slices. Section each slice and add to salad.

Coarsely chop onion and place in bowl.

Finely chop the cilantro and sprinkle over the salad.

Adding the Maple Lime Dressing

Using a whisk, mix together lime juice, maple syrup, Tajin seasoning, and cumin. Pour dressing over the salad, toss, and refrigerate until ready to serve (up to 24 hours).

Serving the salad

Just before serving, add the diced avocado and toss the salad gently.

Place the Tajin bottle on the table for guests to add to their salad, if desired.



Watermelon Feta Mint Salad Dairy-Free

By Mary Pomerantz



Salad Ingredients

- 1 cup thinly sliced sweet red or yellow onion
- 6 tablespoons freshly squeezed lime juice
about 2 big limes
- 3 tablespoons maple syrup
- 2 tablespoons olive oil
optional
- Salt and freshly ground pepper
to taste
- 10 cups cubed seedless watermelon
a small to medium sized melon
- 1 package of blueberries
16-ounce
- 1 cup packed fresh mint,
chopped
- 1 cup crumbled feta cheese
dairy or vegan
- 6 ounces baby arugula

Marinating the Onion

Place sliced onion in a small mixing bowl.

Mix lime juice, maple syrup, salt, pepper, and olive oil, if using. Pour over onions and toss.

Set aside to marinate for 20 min. or more.

Toss a few times while marinating.

Making the Salad

Cube the watermelon and place in a large mixing bowl. Add the chopped mint, the feta, onions with the marinade, and blueberries.

Taste and adjust seasoning.

Serve on a bed of baby arugula

