

Strawberry Jicama Cucumber Salad

A refreshing citrus picnic salad with a mixture of strawberries, jicama, cucumber, jalapeno, and cilantro topped with a light dressing of lime juice, no-calorie sweetener, olive oil, and poppy seeds.

Ingredients

Servings 4

- 2 cups strawberries (washed, hulled, chopped)
- 1 jicama (peeled, chopped)
- 1 medium cucumber (peeled, chopped)
- 1 small **jalapeño**, seeded, finely chopped (note: for more spice, leave the seeds and white membrane intact. For less spice, omit)
- 1 Tbsp. cilantro (finely chopped)
- 2 Tbsp. lime juice (fresh, or, from jar)
- 1 Tbsp. extra virgin olive oil
- 1 Tbsp. **no-calorie sweetener** (granulated, 1 1/2 packets)
- 1 tsp. poppy seeds

Directions

1. In a medium bowl, combine strawberries, jicama, cucumber, jalapeno, and cilantro. Toss lightly.
2. In a small bowl, whisk together lime juice, olive oil and no-calorie sweetener.
3. Add lime juice mixture to strawberry mixture and toss lightly.
4. Sprinkle with poppy seeds.

Source: <https://recipes.heart.org/en/recipes/strawberry-jicama-cucumber-salad>