

Jicama

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[PDF]Sample Cycle Menu - CACFP<https://www.cacfp.org/assets/pdf/NCA+Sample+Cycle+Menu+cacfp.org>

Vegetable Carrots Steamed Broccoli Spinach Jicama Baked Sweet Potato Wedges Grain English Muffin Whole Grain Roll Spaghetti Whole Grain Brown Rice Whole Grain Bun Meat/Meat Alternate Eggs Baked Turkey ...

[PDF]Non-Starchy Vegetables/Protein/Fat - Michig...<https://www.med.umich.edu/1libr/MEND/Diabetes-NonCarbFoods.pdf>

Jicama Kohlrabi Leeks Lettuce: endive, escarole, leaf, Romaine, iceberg Mixed vegetables, no corn Mushrooms Okra Onions Parsley Peppers, all varieties Radishes Rhubar b, fresh Rutabaga Sauerkraut ...

[PDF]Alphabetical List of Fruits and Vegetables - Nebraska<https://www.education.ne.gov/wp-content/uploads/2017/07/Facts...>

To eat Jicama, only the fibrous brownish peel must be removed. Jicama is often added raw to salads or prepared as strips, like carrots. In Mexico the ivory colored flesh is marinated with Mexico lime and then served topped with chili powder. A 3½ oz serving of Jicama ...

[PDF]PROTEIN - Whole30<https://whole30.com/downloads/whole30-shopping-list.pdf>

Jicama Kale Leeks Lettuce (all) Mushrooms (all) Nopal Nori Okra Onion Parsnips Peas (green, yellow, split) Potatoes (all) Pumpkin Radish Rhubarb Romaine Rutabaga Sassafras Shallots Snow/sugar snap peas Spaghetti ...

[PDF]High Potassium Foods - UC Davis<https://health.ucdavis.edu/food-nutrition/pdf/Kidney Disease...>

Jicama Kale Leeks Lettuce (iceberg, Romaine) Mustard greens, frozen/cooked Okra Onions Peas (green, pod) Radishes Serrano peppers Squash (crookneck, straightneck, scallop, spaghetti) Tomatillos Turnip Turnip greens ...