

Jicama Salad

We combined slightly sweet jicama and tangy radishes with a zesty lime-flavored yogurt dressing for a great light salad with only 1 gram of fat per serving

- $\frac{3}{4}$ cup plain low-fat yogurt
- 2 Tbs. chopped fresh cilantro or parsley
- 1 Tbs. lime juice
- 1 tsp. grated lime zest
- $\frac{1}{4}$ tsp. salt
- 1 jicama, about 1 lb., peeled and cut into strips
- 1 bunch radishes, about $\frac{1}{2}$ lb., quartered and thinly sliced
- 4 scallions, chopped
- Lettuce leaves, optional

In large bowl combine yogurt, cilantro, lime juice, lime zest and salt. Add jicama, radishes and scallions; toss gently to coat well. If desired, line serving bowl with lettuce leaves; top with salad.

Makes 4 servings. Per serving: 89 cal.; 5 g. protein; 1 g. fat; 4 mg. chol.; 16 g. carbs.; 184 mg. sodium

Your time in the kitchen: 15 minutes;
ready to serve in 15 minutes

Food Note

Jicama, also known as the Mexican potato, is a large root vegetable with a white, crunchy, slightly sweet flesh. Remove brown skin before eating. Available November through May, it's delicious both raw and cooked.

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Curried Chick-Peas And Potatoes Stew / Soup

- 1 tablespoon olive oil
- 1 onion, sliced
- 3 cloves garlic, sliced
- 1 large red pepper, diced
- 1 large green bell pepper, diced
- 2 russet potatoes, peeled, diced
- 2 to 3 cups chicken or vegetable broth
- 1 (16-ounce) can chick-peas, drained

- 1 (16-ounce) can whole tomatoes
- 1 tablespoon curry powder, or to taste
- Salt and pepper to taste
- $\frac{1}{4}$ cup golden raisins
- $\frac{1}{4}$ cup dry-roasted peanuts
- 1 cup rice, cooked
- 4 scallions, chopped

Heat the olive oil in a large sauté pan or Dutch oven and cook the

onion and garlic for 2 to 3 minutes. Add the red and green peppers and potato and stir-fry for 2 to 3 minutes. Stir in the curry powder and cook 1 minute. Add the chicken broth, chick-peas, tomatoes, salt and pepper and cook until the potatoes are tender, about 15 minutes. Stir in the raisins and the peanuts. Serve over rice and sprinkle with scallions. Makes 4 servings.

ASIAN STRING BEAN SALAD

Makes 8 servings at 36¢ each.

Prep: 15 minutes.

Cook: 10 minutes.

- 1 pound string beans, washed and trimmed
- 2 sweet red peppers, cut into thin strips
- $\frac{2}{3}$ cup chopped salted cashews

Vinaigrette:

- 1 teaspoon Dijon-style mustard
- 1 teaspoon finely grated orange rind
- $\frac{1}{4}$ cup orange juice
- 1 teaspoon dark Asian sesame oil
- $\frac{1}{2}$ teaspoon salt

1. Cook string beans in large pot of boiling water for 6 minutes or until crisp-tender. Drain; plunge in bowl of ice water to stop cooking. Drain.

2. Combine beans, red pepper strips and cashews in large bowl.

3. Prepare Vinaigrette: Whisk mustard, orange rind, orange juice, oil and salt in small bowl. Pour over bean mixture. Toss to combine.

Nutrient Value Per Serving:

94 calories, 3 g protein, 6 g fat, 9 g carbohydrate, 219 mg sodium, 0 mg cholesterol.

Hoppin' John's Southern Potato Salad

Time: 40 minutes, plus chilling time

- 2 pounds boiling potatoes or new potatoes, scrubbed and unpeeled
- $1\frac{1}{2}$ cups minced celery
- 1 cup scallions, cut in thin slices, including some of the green
- 3 hard-cooked eggs, peeled and chopped
- $\frac{1}{2}$ cup mayonnaise
- 1 heaping tablespoon prepared mustard
- $\frac{1}{2}$ cup sweet pickles, diced with some juice from the jar
- Salt and freshly ground black pepper and cayenne pepper to taste
- 1 to 2 tablespoons chopped fresh herbs, like parsley and chives
- Paprika to taste.

1. Cut potatoes in half if large, put in a pot and add enough lightly salted water to cover them by 2 inches. Bring to a boil, and cook, uncovered, for about 15 minutes, until tender. Drain. Peel if desired, and cut into $1\frac{1}{2}$ -inch wedges.

2. In a large serving bowl, mix the potato pieces with the celery, scallions and eggs.

3. In a small bowl, mix the mayonnaise, mustard, pickle cubes and juice; toss with the potatoes. Season to taste with salt and peppers. Sprinkle with chopped herbs and dust with paprika. Serve slightly chilled.

Yield: 6 servings.