



Happy, Healthy New Year !!!!
Culinary Class with Chef Lisa Fidler
January 23, 2014

Watermelon Jicama Mint Salad(Sweet)

6 cups cubed watermelon

2 cups diced jicama (1/4 inch dice)

1 cup diced mango

2 tablespoons chopped fresh mint

Pinch Sea Salt

¼ Cup Agave

Combine all ingredients.

Let sit in the refrigerator for a bit to let the flavors meld before serving.

Watermelon Jicama Mint Salad(Savory)

6 cups cubed watermelon (I did a 1" cube)

2 cups diced jicama (1/4 inch dice)

3/4 cup diced red onion

2 tablespoons chopped fresh mint

Himalayan Salt and fresh ground pepper to taste

Combine all ingredients.

Let sit in the refrigerator for a bit to let the flavors meld before serving.

Goes great on a bed of Mixed Greens. No dressing required!!!