

Spicy Grapefruit



Makes 35 servings
*2 Tbsp. of grapefruit
and jicama mixture per
serving*

INGREDIENTS

- 2 (15 oz.) canned grapefruit in 100% fruit juice
- 1 lb. jicama
- 1 tsp. chili seasoning

PREPARATION

1. Drain grapefruit segments, reserving $\frac{1}{4}$ cup juice.
2. Peel and dice jicama.
3. Add all ingredients, including juice, into a large mixing bowl and gently toss together.
4. Have students spoon 2 Tbsp. of mixture on a paper plate.
5. Serve immediately.

Nutrition information per serving: Calories 12,
Carbohydrate 3g, Dietary Fiber 0g, Protein 0g, Total Fat 0g,
Saturated Fat 0g, Trans Fat 0g, Cholesterol 0mg, Sodium 43mg



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