

# MARCH: NATIONAL NUTRITION MONTH



## GOALS this month:

- ❖ Try a **new** fruit or vegetable each week during National Nutrition Month!
- ❖ Try a **new dish** in the dining hall each week this month!
- ❖ Try to make a **new healthy** recipe with friends/family this month! Have fun!

## Healthy Snack Recipe: Chili Lime Jicama Chips

Serves: 2

Serving Size: ~1 cup

### Ingredients

- 3 cups fresh jicama, thinly sliced
- 1 Tbsp. fresh lime juice
- chili powder
- onion powder
- sea salt

### Steps

1. Preheat oven to 425F and line a sheet pan with parchment paper.
2. Slice jicama very thin to ensure even and crispy chips.
3. Spread pieces out on sheet pan and evenly distribute lime juice.
4. Sprinkle chili powder, onion powder, and sea salt to taste.
5. Bake for 10-15 minutes, flipping pieces halfway through, until golden and crisp. If some pieces start browning more quickly, just take them off the tray!

Serving Suggestion: Eat as is or serve with your favorite salsa or dip. Serve immediately to keep chips crisp.

### Nutrition Information (per serving)

- Calories: 60
- Fat: 0g
- Carbohydrate: 14g
- Fiber: 7g
- Protein: 1g



## A Spoonful of Nutrition from the Dietitian March 2017

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