

## Hearty Greens with Avocado, Jicama, and Citrus-Cumin Vinaigrette

Makes 4 large salads

- 8 cups washed, dried and chopped greens including romaine lettuce, escarole, spinach, radicchio and/or arugula
- 2 medium navel oranges
- ¼ of a medium jicama, peeled, about 1 cup
- ½ bunch fresh cilantro, washed, dried
- ½ teaspoon white wine vinegar
- Pinch of salt
- Pinch of cayenne or chipotle chili
- 1 large, ripe avocado
- 1 cup frozen green peas, defrosted, optional
- ½ cup walnuts or pine nuts, optional
- Fresh ground black pepper

### Vinaigrette:

- ½ teaspoon minced orange zest
- 3 tablespoons fresh orange juice
- 1 tablespoon white wine vinegar
- ⅛–¼ teaspoon ground cumin
- ¼ teaspoon salt
- 3 tablespoons extra virgin olive oil

### Directions

Combine all ingredients, whisk to mix. Place the chopped greens into a large bowl. Slice the peel from one of the oranges, removing the white pith. Slice the orange in half through the center. Section the orange, removing seeds and set aside.



(over)

### NUTRITION INFORMATION PER 3 CUPS OF SALAD:

Calories	215
Protein	3 g
Carbohydrates	14 g
Fiber	6 g
Fat	15 g
Sodium	175 mg
Potassium	414 mg

Cost per serving: \$1.50

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Juice the second orange and set the juice aside.

Slice the jicama into bite sized pieces.

Combine 2 tablespoons of the orange juice, vinegar, salt, and few pinches of cayenne or chipotle chili, if desired. Marinate the jicama in the dressing for about 10 minutes then drain.

Roughly chop the cilantro leaves and cut the stems into small pieces.

When you are ready to serve the salad, cut the avocado in half, peel, and thinly slice. Place the greens, cilantro leaves and stems, orange slices, jicama, and optional green peas in a large bowl and toss with the vinaigrette until the leaves are coated.

Add the avocado and nuts, if using. Sprinkle with black pepper and serve.