Trop 'Til You Drop Jicama Slaw

1/6th of recipe (about 1 cup): 106 calories, <0.5g total fat (0g sat. fat), 115mg sodium, 23g carbs, 7g fiber, 12g sugars, 4.5g protein

Prep: 20 minutes
Chill: 15 minutes

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Ingredients

Dressing
3/4 cup fat-free plain Greek yogurt
1 tbsp. finely chopped fresh cilantro
1 tbsp. lime juice
2 tsp. honey
1 packet no-calorie sweetener (like Truvia)
1/4 tsp. salt

Salad
1 1/2 lbs. (about 1 medium) jicama
1 1/2 cups chopped mango
1 cup chopped green bell pepper
3/4 cup chopped red onion
1/4 cup finely chopped fresh cilantro

Directions

In an extra-large bowl, mix dressing ingredients.

Peel jicama. Using a tabletop spiral vegetable slicer (like one of these), cut jicama into spaghetti-like noodles. (If you don't have a tabletop spiral veggie slicer, cut jicama into matchstick-sized strips.) Roughly chop for shorter noodles. Finely chop any remaining jicama.

Add jicama to the extra-large bowl, along with all remaining ingredients. Stir to mix and coat.

Cover and refrigerate until chilled, at least 15 minutes.

MAKES 6 SERVINGS

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