



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

Green Plan [SmartPoints](#)® value 1*

Blue Plan (Freestyle™) [SmartPoints](#)® value 0*

Purple Plan [SmartPoints](#)® value 0*

Prep: 20 minutes

Chill: 15 minutes



Tagged: [Recipes for Sides, Starters & Snacks](#), [Vegetarian Recipes](#), [Four or More Servings](#)

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

[SmartPoints](#)® value* not what you expected? We follow the same method as Weight Watchers when calculating recipe values: We add up the **[SmartPoints](#)® values*** of the individual ingredients using the Recipe Builder. (Many foods have a value of zero and remain zero in recipes.)

*The **[SmartPoints](#)®** values for these recipes were calculated by Hungry Girl and are not an endorsement or approval of the product, recipe or its manufacturer or developer by Weight Watchers International, Inc., the owner of the **[SmartPoints](#)®** trademark.