

Live Well. Health Matters.

## Jicama and Asian Pear Salad

## INGREDIENTS

2 cups romaine lettuce
2 cups jicama, thinly sliced
2 Asian pears, cored and chopped
½ cup golden raisins
¼ cup white vinegar
¼ cup apple cider or apple juice
¼ tsp ground allspice



## DIRECTIONS

- 1. Toss chopped romaine lettuce, jicama, pears and raisins until well combined.
- 2. For dressing, whisk the vinegar, apple cider or juice and spices.
- 3. Drizzle over salad and toss well.