

Jicama, Corn, and Green Pepper Skillet

Vegetable Cooking Spray

- 1 Teaspoon olive oil
- 2½ Cups peeled, finely chopped jicama (about 1 pound)
- 1 ½ Cups finely chopped green pepper
- 1 Cup frozen whole-kernel corn, thawed
- ½ Cup finely chopped onion
- ½ Teaspoon ground cumin
- ¼ Teaspoon salt
- ¼ Teaspoon pepper
- 2 Cloves garlic, minced
- ½ Cup minced fresh cilantro
- 1 Teaspoon capers
- Sweet yellow or red pepper halves, seeded (optional)
- Fresh cilantro sprigs (optional)

Coat a large nonstick skillet with cooking spray; add oil. Place over medium-high heat until hot. Add jicama and next 7 ingredients. Sauté 5 minutes or until crisp-tender. Add ½ cup cilantro and capers; stir well. If desired, spoon into pepper halves, and garnish with cilantro sprigs.

Yields: 4 (¾ -cup) servings

Prep 10 minutes; Cook 5 minutes

Per serving: Calories 100
 Carbohydrate 20.1g
 Protein 2.7g
 Fat 2.0g
 Fiber 2.2g
 Cholesterol 0mg
 Sodium 380mg
 Calcium 29mg

Source: No Diet Required By Jenny Craig

Submitted by: Lori Barber