

# Mango, Jicama, Pumpkin Seed and Fresh Herb Salad

Recipe By Douglas McNish



Cooking and Prep:  30  
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Serves:  6

No Allergens

Preference: Parve

Difficulty: Easy

Occasion: Passover, Nine  
Days

Diet: Vegetarian, Vegan,  
Paleo, Pescetarian, Gluten

Free, Low Fat, Low Carb, Sugar  
Free

This light yet intense salad is bursting with fresh summer flavors and interesting textures. It is sure to impress your guests at a dinner party or weekend picnic.

## Ingredients (9)

### Salad

- 2 cups (500 milliliters) sliced, peeled jicama
- 1 cup (250 milliliters) sliced, peeled mango
- 1/2 cup (125 milliliters) raw pumpkin seeds (omit on Passover if your minhag does not allow them)
- 2 tablespoons (30 milliliters) freshly squeezed lime juice

- 2 tablespoons (30 milliliters) cold-pressed (extra virgin) olive oil
  - 1/4 cup (60 milliliters) chopped parsley leaves
  - 1/4 cup (60 milliliters) chopped cilantro leaves
  - 1/4 cup (60 milliliters) chopped basil leaves
  - pinch of fine sea salt
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## Start Cooking

### Prepare the Salad

1. In a serving bowl, toss jicama, mango, pumpkin seeds, lime juice and olive oil until evenly coated.
2. Set aside to macerate for 15 minutes.
3. Add parsley, cilantro, basil and salt and toss gently.
4. Serve immediately or cover and refrigerate for up to three days.

#### Tip:

To peel and chop a mango, cut a small slice from the top and bottom of the fruit to make flat ends. Using a vegetable peeler, carefully peel away the skin. Stand mango upright on a cutting board. Using a chef's knife, run the blade through the flesh, taking approximately three slices from each of the four sides. When you are close to the stone, use a paring knife to remove any remaining flesh from around the middle.

Pumpkin seeds provide an impressive array of nutrients. They contain healthy poly- and monounsaturated fats, protein, fiber, iron, magnesium, potassium, zinc, manganese, thiamine (vitamin B1) and vitamin E — not bad for the seeds of a common squash.

#### Variation:

Substitute the jicama with one cup (250 milliliters) thinly sliced apple, one cup (250 milliliters) thinly sliced pear and two tablespoons (30 milliliters) sesame seeds (kitniyot, omit on Passover).

#### Credits

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