

The Sports Club/LA presents the Ingredient of the Month:

Jicama

March

Jicama (pronounced "Hih-ka-Mah") is often overlooked in the produce aisle due to its earthy and somewhat unappealing exterior. But once you slice into this tuberous root, a creamy white flesh is revealed that, when eaten raw, boasts the crunch of an apple and a mild, slightly sweet flavor all its own. Even more surprising is that this unassuming vegetable is extremely nutritious. Jicama is low in calories, packed with fiber, and bursting with the antioxidant power of vitamin C. It is also a great source of potassium and magnesium — keeping your body's electrolytes in check — and bone-building minerals like calcium and phosphorous.

Try our two new delicious recipes perfected by our Registered Dietitian, Amy Gilman, nutrition intern, Katherine Basbaum and the culinary team at blu:

Jicama Coco-Banana Smoothie
Jicama Four Bean Salad



Recipes available online in March's Club Happenings, or learn more about Jicama, by scanning the QR code above. Please contact Amy Gilman, Registered Dietitian and Private Trainer, at agilman@mp-trainer.com or 857.363.8935 for more information.