

VEGETABLE STICKS WITH Chili & Lime

Servings: **6**

Serving Size: **1** cup

Prep Time: **10** minutes

What You Need

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| 1 cucumber, peeled and cut into sticks | 2 tablespoons lime juice (or to taste) |
| 1 small jicama, peeled and cut into sticks | $\frac{1}{4}$ teaspoon salt |
| 1 medium zucchini, cut into sticks | $\frac{1}{8}$ teaspoon chili powder |
| 1 carrot, peeled and cut into sticks | Dash cayenne pepper (optional) |

Tip

Lime and chili powder taste great on fruit too! Try sprinkling some on cut-up cantaloupe, honeydew, watermelon, pineapple, strawberries, mangos, and oranges.

Get Cookin'

1. Combine jicama, cucumbers, zucchinis, and carrots in a medium bowl.
2. Add lime juice and stir.
3. In a small bowl, combine salt, chili powder, and cayenne pepper (optional). Sprinkle over cut vegetable sticks.
4. Put vegetable sticks onto a plate or in cups and enjoy with friends.

Tip

Be careful when using a knife. See tips for using a knife in "Cooking How To's."

