

## Citrus Jicama Watercress Salad Recipe



This might just be the perfect winter salad.

It combines 2 different types of citrus – lime and grapefruit – with jicama, watercress, and pomegranate seeds all topped with a zingy dressing for a flavor and texture sensation.

(Watch for my blog post on Thursday about 12 ways to incorporate more citrus into your diet this winter – even if you suffer from acid reflux.)

If you don't see watercress – [the #1 most powerful food you can eat](#) – in the produce section at your grocery store, you can substitute spinach, romaine, or any other leafy green. But this combination is one you'll want to make again and again. And because

it's so good for you, you can anytime you want!

Give it a try and let me know what you think over [on Facebook](#).

### CITRUS JICAMA WATERCRESS SALAD

#### *Ingredients [Serves 2]*

2 bunches watercress  
1 jicama, peeled and cut into matchstick strips  
1 red grapefruit, peeled and sectioned  
½ cup pomegranate seeds

#### *Dressing Ingredients*

½ cup extra virgin olive oil  
½ tsp. lime zest  
1 lime, freshly juiced  
2 tbsp. apple cider vinegar  
Sea salt (Celtic Grey, Himalayan, or Redmond Real Salt) to taste  
Black pepper to taste



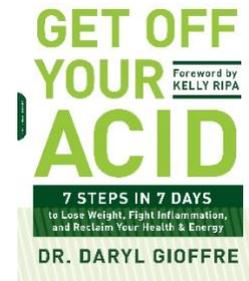
#### **Directions**

For the dressing, place the extra virgin olive oil, lime juice, lime zest, apple cider vinegar, sea salt, and black pepper in a small blender or food processor. Blend and set aside. (If you do not have a blender or food processor, mix with a fork in a small bowl.)

Peel the grapefruit and remove the fruit completely from its rind. Cut into bite-sized sections. Add the grapefruit, jicama, watercress, and pomegranate seeds to a mixing bowl. Add the desired amount of dressing and gently toss. Enjoy!

Want more 65 more delicious recipes like this one?

My best-selling book, [\*Get Off Your Acid: 7 Steps in 7 Days to Lose Weight, Fight Inflammation, and Reclaim Your Health and Energy\*](#), is full of recipes, tips, and ideas to take you from sluggish and in pain to healthy, energetic, and slim.



**Kelly Ripa, who wrote the Foreword, had this to say:**

“What I like most about Dr. Daryl’s method is that it’s not a ‘diet’ but more of a lifestyle change. There’s no counting calories or limiting portion sizes, only a new awareness of ‘alkaline eating.’ Once you learn the difference between alkaline and acidic ingredients, you will know what to eat and will be able to benefit from keeping this balance in your bodies.



**“Whether your goal is to lose weight, sleep deeper, feel more rested, think more clearly, or boost your energy, this plan will get you there...”**