



Chayote and Jicama Slaw

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| 4 cups julienned jicama | 2½ cups water |
| 4 cups julienned chayote | ½ cup white sugar |
| 2 cups finely chopped red bell pepper | 3½ teaspoons canning salt |
| 2 finely chopped hot peppers* | 1 teaspoon celery seed (optional) |
| 2½ cups cider vinegar (5%) | |

*** Caution: Wear plastic or rubber gloves when handling, cutting and seeding hot peppers or wash hands thoroughly with soap and water before touching your face or eyes.**

Yield: About 6 half-pint jars

1. Wash and rinse half-pint canning jars; keep hot until ready to use. Prepare lids according to manufacturer's directions.
2. Wash, peel and thinly julienne jicama and chayote, discarding the seed of the chayote. (a mandolin slicer works well).
3. In an 8-quart Dutch oven or stockpot, combine all ingredients except chayote. Bring to a boil and boil for 5 minutes. Reduce heat to simmering and add chayote. Bring back to a boil and then turn heat off.
4. Fill hot solids into clean, hot half-pint jars, leaving ½-inch headspace. Cover with boiling hot cooking liquid, leaving ½-inch headspace. Remove air bubbles and adjust headspace if needed. Wipe rims of jars with a dampened clean paper towel; apply two-piece metal canning lids.
5. Process in a boiling water canner according to the recommendations in Table 1. Let cool, undisturbed, 12-24 hours and check for seals.

Table 1. Recommended process time for Chayote and Jicama Slaw in a boiling-water canner.				
		Process Time at Altitudes of		
Style of Pack	Jar Size	0 - 1,000 ft	1,001 - 6,000 ft	Above 6,000 ft
Hot	Half-pints	15 min	20 min	25 min

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