

Carrot-Raisin Salad

This pretty salad is high in Vitamin C, Vitamin A and iron.

Makes: 6 Cups

Prep Time: 15 minutes

Source: Modified from a recipe at TheseOldCookbooks.com

Ingredients

- 6 medium carrots
- 3/4 cup raisins
- 2 tablespoons plain low fat yogurt (or light mayonnaise)
- 1 tablespoon no pulp orange juice

Directions

1. Wash, peel, and shred carrots.
2. In a large bowl mix all ingredients together well.
3. Chill and serve.

Utensils Needed

- Vegetable peeler
- Knife
- Cutting Board
- Measuring Spoons
- Measuring Cups



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1 cup	
Nutrients	Amount
Calories:	80
Total Fat:	0 g
Saturated Fat:	0 g
Cholesterol:	0 mg
Sodium:	50 mg
Total Carbohydrates:	21 g
Dietary Fiber:	2 g
Total Sugars:	14 g
Added Sugars:	0 g
Protein	1 g
Vitamin D	0 mcg
Calcium	42 mg
Iron	1 mg
Potassium	347 mg

SHOPPING LIST

Average total cost without oil and seasonings: \$5.30

Average cost/serving: \$.88

Makes: 6 Servings

Note: The below list of ingredients is a suggestion. Similar ingredients may be purchased based on preference, diet restrictions, budget and location.

Ingredients



Add 1 to Cart
Fresh Carrots 1 lb



Add 1 to Cart
Non-Fat Plain Yogurt 32 oz



Add 1 to Cart
Dried Raisins 6 ct



Add 1 to Cart
Orange Juice 64 fl oz

SAVE TIME, SAVE MONEY

Leftover Tips

- The extra carrots can be steamed for dinner, or even added into any soup, stew, or casserole.
- You can also use the extra carrots and orange juice to make glazed carrots.
- Plain yogurt is great topped with fresh fruit and some granola.
- Dried raisins go great in a trail mix!

My Cooking Notes