

Marinated Carrot Salad

This traditional salad is a good source of beta carotene. It is a delicious side dish for meat or fish, and travels well for a picnic lunch.

Makes: 6 servings

Prep Time: 10 Minutes

Cook Time: 20 Minutes

Cool Time: 2+ Hours

Source: Christine Perlin Gump

Ingredients

- 1 pound carrots, peeled
- 1/2 cup onion, diced
- 1/4 cup parsley, chopped
- 1 tablespoon vinegar
- 1 tablespoon water
- 1 teaspoon sugar
- 1/2 teaspoon salt
- Dash of white or black pepper
- 2 tablespoons vegetable oil

Directions

1. Rinse carrots in cold water.
2. Peel carrots, and place in saucepan of water.
3. Bring water to boil and cook carrots 20 minutes.
4. Slice carrots in 1/4 inch rounds. Dice onion and chop parsley. Put these into a medium size mixing bowl.
5. Make marinade. With a fork, mix vinegar, water, sugar, salt & pepper in small bowl. Add oil and mix again.
6. Add marinade to vegetables, and stir gently to combine. Refrigerate for 2 or more hours, to mix flavors.
7. Serve cold. This salad will keep well in the refrigerator for up to 4 days.



Small Changes,
BIG Difference!



Nutrition Information

Serving Size: 1/2 cup	
Nutrients	Amount
Calories:	80
Total Fat:	4.5 g
Saturated Fat:	0.5 g
Cholesterol:	0 mg
Sodium:	230 mg
Total Carbohydrates:	9 g
Dietary Fiber:	2 g
Total Sugars:	6 g
Added Sugars:	1 g
Protein	1 g

Utensils Needed

- Saucepan
- Cutting board
- Sharp knife
- Measuring cups & spoons
- Vegetable peeler
- Small and medium size mixing bowls
- Fork
- Mixing spoon

SHOPPING LIST

Average total cost without oil and seasonings: \$5.43

Average cost/serving: \$0.91

Recipe 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
Carrots, 2 lb bag



Add 1 to cart
Fresh Parsley, 1 bunch



Add 1 to cart
Onion



Add 1 to cart
Vinegar



Add 1 to cart
Sugar

SAVE TIME, SAVE MONEY

My Cooking Notes

Tips

- Use different types of vinegar for different flavors such as balsamic, red wine, and apple cider.
- Any fresh herb will work for this recipe
- Keep herbs fresh for longer by placing in a glass of water and changing the water every day

Similar Recipes

Cut on costs by reusing these ingredients in other recipes found on snapedny.org, such as:

- Minestrone Soup
- Orange Glazed Carrots
- Morning Muffins

