

Sides / Snack

Moroccan Carrot Salad

Serves 6 , 3/4cup per serving

Prep time: 20 minutes ▪ Cook time: None



Nutrition Facts

Serving Size 3/4 cup (87g)	
Servings per Recipe 6	
Amount Per Serving	
Calories 110	Calories from Fat 60
% Daily Value*	
Total Fat 7g	11%
Saturated Fat 0.5g	3%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 240mg	10%
Total Carbohydrate 12g	4%
Dietary Fiber 2g	8%
Sugars 8g	
Protein 1g	
Vitamin A 200%	Vitamin C 10%
Calcium 2%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

INGREDIENTS

- 6 Medium Carrots
- 1/2 Small Onion
- 1 Large Lemon
- 3 Tbsp Canola Oil
- 1 tsp Curry Powder
- 1/2 tsp Salt
- 1/4 tsp Ground Black Pepper
- 1/4 cup Dark or Golden Raisins

DIRECTIONS

1. Rinse and peel carrots and onion.
2. Shred carrots with a grater. Dice onion.
3. Rinse lemon and cut in half. In a small bowl, squeeze juice. Discard seeds.
4. In a medium bowl, combine carrots and onions.
5. In a second small bowl, combine oil, curry powder, salt, pepper, and 2 Tbsp of the lemon juice. Mix well. Let marinate 5 minutes.
6. Pour liquid mixture over carrots and onions. Stir in raisins. Mix well.
7. Enjoy!

CHEF'S NOTES

- Replace half the carrot with jicama or apples.
- For best taste, allow flavors to blend before serving. Let sit 15-20minutes after you have mixed the sauce in step 6.
- Serve as a colorful side dish for fish, poached chicken, or baked/broiled chicken legs.
- Layer onto a sandwich with lean turkey and fresh veggies like cucumber.

RECIPE BY:
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