Moroccan Carrot Salad

Serves 6, 3/4 cup per serving
Prep time: 20 minutes • Cook time: None

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.
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.
7. Enjoy!

CHEF’S NOTES
- Replace half the carrot with jicama or apples.
- For best taste, allow flavors to blend before serving. Let sit 15-20 minutes 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.

Nutrition Facts
- Serving Size: 3/4 cup (87g)
- Servings Per Recipe: 6

- Calories: 110
- Total Fat: 7g
- Saturated Fat: 0.5g
- Trans Fat: 0g
- Cholesterol: 0mg
- Sodium: 24mg
- Total Carbohydrate: 12g
- Dietary Fiber: 2g
- 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.

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