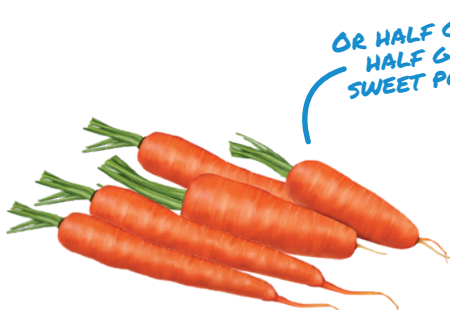


Carrot Salad

Preparation time	20 minutes
Servings	5-6
Cost per serving	33¢
Storage	3 days in the fridge
Kitchen tools	Grater, measuring cups and spoons, cutting board, sharp knife, wooden spoon, large bowl, small bowl, fork



Ingredients



OR HALF CARROTS,
HALF GRATED
SWEET POTATOES

1 litre (4 cups) grated **carrots**
(5 to 6 carrots depending on size)



OR DRIED
CRANBERRIES

80 ml (1/3 cup)
raisins, chopped



45 ml (3 tbsp)
mayonnaise

OR THE SAME
QUANTITY
OF MAYONNAISE



30 ml (2 tbsp)
plain yogurt



15 ml (1 tbsp)
orange juice



2.5 ml (1/2 tsp)
dried parsley

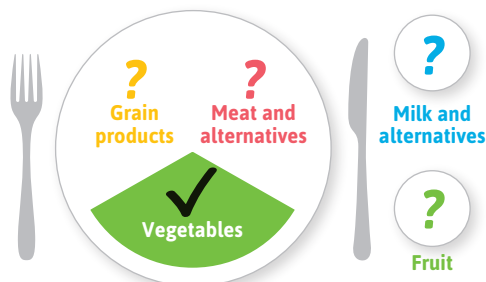


1 ml (1/4 tsp)
ground cumin



Salt and pepper
to taste

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Balanced plate

✓ One serving of this side dish is a tasty way to add vegetables to your menu!

Directions

1 In a large bowl, combine the **carrots** and **raisins**.



2 In a smaller bowl, prepare the dressing by combining the **mayonnaise**, **yogurt**, **orange juice**, **parsley**, **cumin**, **salt** and **pepper**. Mix with a fork.



3 Add the **dressing** to the carrots and mix well.



4 Refrigerate until serving.



My rating: ★ ★ ★

This original recipe was developed by Extenso – The Université de Montréal reference centre on human nutrition