

Moroccan Carrot Salad

Serving Size

Serves 6, $\frac{3}{4}$ cup per serving

Ingredients

- 6 medium carrots
- $\frac{1}{2}$ small onion
- 1 large lemon
- 3 Tablespoons canola oil
- 1 teaspoon curry powder
- $\frac{1}{2}$ teaspoon salt
- $\frac{1}{4}$ teaspoon ground black pepper
- $\frac{1}{4}$ cup dark or golden raisins

Instructions

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 Tablespoons of the lemon juice. Mix well. Let marinate 5 minutes.
6. Pour liquid mixture over carrots and onions. Stir in raisins. Mix well.

Chef's Notes

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

Nutritional Information

Nutrition Facts

Serving Size 3/4 cup (87g)

Servings Per Container 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:

		Calories:	2,000	2,500
Total Fat	Less than		65g	80g
Saturated Fat	Less than		20g	25g
Cholesterol	Less than		300mg	300mg
Sodium	Less than		2,400mg	2,400mg
Total Carbohydrate			300g	375g
Dietary Fiber			25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4