Moroccan Carrot Salad

Cooking Matters

Ingredients

6 medium carrots
Â½ small onion
1 large lemon
3 Tablespoons canola oil
1 teaspoon curry powder
Â½ teaspoon salt
Â¼ teaspoon ground black pepper
Â¼ cup dark or golden raisins

Materials

2 small bowls, Box grater, Cutting board, Measuring cups, Measuring spoons, Medium bowl, Sharp knife, Vegetable peeler

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

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

Notes

For best taste, allow flavors to blend before serving. Let sit 15â€"20 minutes after you have mixed in the sauce in step 6.

View Online

http://northcountryeatsmartny.org/recipes/moroc
carrot-salad

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