

Carrot and Raisin Slaw

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes

Yield: 4 servings | Serving Size: ¾ cup

Ingredients

¼ cup orange juice (about 1 medium orange)

1 tablespoon extra-virgin olive oil

1 teaspoon lemon juice

¼ teaspoon ground cinnamon

1 pinch salt

2 cups grated or shredded carrots (about 4 medium carrots)

¾ cup raisins

Directions

1. Add the orange juice, oil, lemon juice, cinnamon, and salt to a medium mixing or serving bowl. Whisk together to make a dressing.
2. Add the carrots and raisins. Toss to combine and coat with the dressing.
3. Serve right away, or chill before serving if desired.

Recipe Notes

- Use pre-shredded carrots to save time.
- For a different flavor, try substituting coriander for the cinnamon.
- Try substituting another dried fruit (e.g. cranberries, cherries) for the raisins if desired, chopping if large.



Nutrition Facts Per Serving: Calories: 130 | Total Fat: 3.5 g | Saturated Fat: 0.5 g
Sodium: 50 mg | Total Carbohydrate: 25.5 g | Dietary Fiber: 1.5 g | Protein: 1 g

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