

Carrot and Raisin Slaw

Prep: 15 minutes | Cook: 0 minutes | Total: 15 minutes Yield: 4 servings | Serving Size: ²/₃ 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

- 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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