



## Carrot Raisin Salad

### Ingredients:

- 6 medium carrots
- ¾ cup raisins
- 2 tablespoons plain low-fat yogurt (or light mayonnaise)
- 1 tablespoon orange juice

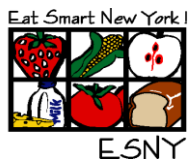
### Directions:

1. Rinse and scrub carrots with a vegetable brush. Shred carrots using a grater.
2. In a large bowl, mix all ingredients together well.
3. Chill and serve.

*Yields about 6 servings*

Nutrition Facts			
Serving Size: ½ cup (87g)			
Servings Per Recipe: 6			
Amount Per Serving			
Calories	80	Calories from Fat	5
% Daily Value *			
<b>Total Fat</b>	<b>0g</b>		0%
Saturated Fat	0g		0%
Trans Fat	0g		
<b>Cholesterol</b>	<b>0mg</b>		0%
<b>Sodium</b>	<b>50mg</b>		2%
<b>Total Carbohydrate</b>	<b>21g</b>		7%
Dietary Fiber	2g		8%
Sugars	14g		
<b>Protein</b>	<b>1g</b>		
Vitamin A	200%	Vitamin C	8%
Calcium	4%	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.			
Total Fat	Less than	Calories: 2000	2,500
Saturated Fat	Less than	65g	80g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g
<b>6.25% calories from fat</b>			

**Source:** Cornell University Cooperative Extension in New York City



*Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.*

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