



Carrot and Apple Salad

4 Servings



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- Ingredients:
- 2 carrots, scrubbed with clean vegetable brush under running water

• 1 tart apple, such as Granny Smith, scrubbed with clean vegetable brush under running water

• 2 Tablespoons honey

• 2 Tablespoons extra virgin olive oil

• 2 Tablespoons apple cider vinegar

• ½ teaspoon salt

- Directions:
1. Wash hands with soap and water.

2. Peel the carrots. Cut into ¼-inch thick slices. Set aside.

3.Cut apple and remove the core. Cut into fourths. Cut crosswise into ¼-inch thick slices.

4. Blanch the carrots. Bring a medium saucepan, half full of water to a boil. Add carrots and blanch for about 2 minutes. Drain. Add cold water to stop the cooking process. Drain and pat dry.

5. Add carrots and apple to dressing. Stir to combine

6. Dressing: In a large bowl, combine honey, olive oil, vinegar and salt.

7. Store leftovers in a sealed container in the refrigerator.

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