

Carrot and Apple Salad

4 servings



Ingredients

- 2 Tablespoons honey
- 2 Tablespoons extra virgin olive oil
- 2 Tablespoons apple cider vinegar
- ½ teaspoon salt
- 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

Nutrition Information: Serving Size (¼ of recipe): Calories 130, Total Fat 7g, Saturated Fat 1g, Cholesterol 0mg, Sodium 310mg, Total Carbohydrates 18g, Fiber 2g, Total Sugars 15g, includes 9g Added Sugars, Protein 1g, Vitamin D 0%, Calcium 2%, Iron 0%, Potassium 2%

Instructions

1. Wash hands with soap and water.
2. In a medium-sized bowl, combine honey, olive oil, vinegar, and salt.
3. Peel the carrots. Cut into ¼-inch thick slices.
4. Blanch the carrots. Bring a medium saucepan, half full of water to a boil. Add carrots and boil for about 2 minutes. Drain. Add cold water to stop the cooking process. Drain and pat dry.*
5. Cut apple in half and remove the core. Cut into fourths. Cut crosswise into ¼-inch thick slices.
6. Add carrots and apple to dressing. Stir to combine.
7. Store leftovers in a sealed container in the refrigerator for up to four days.

*Blanching allows you to partially cook vegetables and cool them quickly to improve their color and flavor while still have a crisp bite.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP and Expanded Food & Nutrition Education Program (EFNEP). This institution is an equal opportunity provider.

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