



*Simple,
Seasonal,
Sustainable*

Recipe of the Week

Crunchy Carrot Salad

Ingredients:

1 pound raw fresh carrots
(washed and scrubbed or
peeled, shredded)
1/2 cup raisins
8 ounces low-fat vanilla yogurt

Directions:

1. Mix all ingredients in a large mixing bowl.
2. Cover with plastic wrap and refrigerate for at least an hour.
3. Toss again before serving.

Serves 6

*Nutrition: 100 calories, 0.5 g fat, 22 g carbohydrate, 3 g fiber,
3 g protein, 80 mg sodium*

Source: What's Cooking? USDA Mixing Bowl



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How'd it turn out?

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