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?

Post a picture of your dish on our Facebook page!

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