



Carrot & Raisins Salad



Yield: 2 1/2 cups

Ingredients

- 2-1/2 Cup carrots, shredded
- 1/2 Cup raisins
- 1/2 Cup celery, sliced
- 1/4 Cup fat-free mayonnaise dressing
- 1/4 Cup plain or lemon fat-free yogurt
- 1 Tsp. sugar
- 1 Tsp. lemon juice
- Salad greens, if desired.

Preparation:

In a large bowl, combine carrots, celery, raisins, mayonnaise, yogurt, sugar and lemon juice. Toss all together to mix and coat. Cover dish and refrigerate for 2 hours to chill. Ready to eat!

Nutritional information per 1/2 cup serving:

Calories 90
 Fat <1 gm
 Protein 2 gm
 Carbohydrates 23 gm
 Fiber 3 gm
 Cholesterol 0 mg.

Rev. 01/2010

Ask the Dietitian County of Los Angeles
www.lapublichealth.org/nutrition



Carrot & Raisins Salad



Yield: 2 1/2 cups

Ingredients

- 2-1/2 Cup carrots, shredded
- 1/2 Cup raisins
- 1/2 Cup celery, sliced
- 1/4 Cup fat-free mayonnaise dressing
- 1/4 Cup plain or lemon fat-free yogurt
- 1 Tsp. sugar
- 1 Tsp. lemon juice
- Salad greens, if desired.

Preparation:

In a large bowl, combine carrots, celery, raisins, mayonnaise, yogurt, sugar and lemon juice. Toss all together to mix and coat. Cover dish and refrigerate for 2 hours to chill. Ready to eat!

Nutritional information per 1/2 cup serving:

Calories 90
 Fat <1 gm
 Protein 2 gm
 Carbohydrates 23 gm
 Fiber 3 gm
 Cholesterol 0 mg.

Rev. 01/2010

Ask the Dietitian County of Los Angeles
www.lapublichealth.org/nutrition



Carrot & Raisins Salad



Yield: 2 1/2 cups

Ingredients

- 2-1/2 Cup carrots, shredded
- 1/2 Cup raisins
- 1/2 Cup celery, sliced
- 1/4 Cup fat-free mayonnaise dressing
- 1/4 Cup plain or lemon fat-free yogurt
- 1 Tsp. sugar
- 1 Tsp. lemon juice
- Salad greens, if desired.

Preparation:

In a large bowl, combine carrots, celery, raisins, mayonnaise, yogurt, sugar and lemon juice. Toss all together to mix and coat. Cover dish and refrigerate for 2 hours to chill. Ready to eat!

Nutritional information per 1/2 cup serving:

Calories 90
 Fat <1 gm
 Protein 2 gm
 Carbohydrates 23 gm
 Fiber 3 gm
 Cholesterol 0 mg.

Rev. 01/2010

Ask the Dietitian County of Los Angeles
www.lapublichealth.org/nutrition



Carrot & Raisins Salad



Yield: 2 1/2 cups

Ingredients

- 2-1/2 Cup carrots, shredded
- 1/2 Cup raisins
- 1/2 Cup celery, sliced
- 1/4 Cup fat-free mayonnaise dressing
- 1/4 Cup plain or lemon fat-free yogurt
- 1 Tsp. sugar
- 1 Tsp. lemon juice
- Salad greens, if desired.

Preparation:

In a large bowl, combine carrots, celery, raisins, mayonnaise, yogurt, sugar and lemon juice. Toss all together to mix and coat. Cover dish and refrigerate for 2 hours to chill. Ready to eat!

Nutritional information per 1/2 cup serving:

Calories 90
 Fat <1 gm
 Protein 2 gm
 Carbohydrates 23 gm
 Fiber 3 gm
 Cholesterol 0 mg.

Rev. 01/2010

Ask the Dietitian County of Los Angeles
www.lapublichealth.org/nutrition