



## Carrots & Cranberries Salad



**Ingredients:** Make 6 Serving

- 1 Bag (10 oz) shredded carrots or approximately 6 fresh carrots, peeled and shredded
- 2 Tbs. olive oil
- 2 Tbs. lemon juice
- 1 Tbs. chopped Italian parsley
- 1 Tsp. dijon mustard
- 1/2 Tsp. salt
- 1/2 Tsp. sugar
- 1/2 Cup dried cranberries (optional)
- 1/2 Small red onion, chopped
- 1/2 Cup slivered almonds toasted.

**Preparation:**

Combine olive oil, lemon juice, parsley, mustard, salt and sugar in small bowl. Combine carrots, cranberries, onion and almonds in large bowl. Add dressing. Cover and refrigerate 2 hours or overnight.

**Nutritional information per 1/2 cup serving:** Calories 110, Fat 9 gm, Fiber 2 gm, Cholesterol 0 mg, Sodium 230 mg.

Source: adapted from [www.foodtv.com](http://www.foodtv.com)

Ask the Dietitian County of Los Angeles  
[www.lapublichealth.org/nutrition](http://www.lapublichealth.org/nutrition)

Rev. 01/2010



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