



Thai Carrot Salad with Peanuts



Ingredients:

- 3 Cups grated carrots
- 1 Tbsp. chopped fresh cilantro
- 3 Tbsp. pure maple syrup
- 1/4 Tsp. red chili flakes
- 1 Cup chopped peanuts
- Fresh mint, finely chopped

Dressing:

- 1/4 Cup rice vinegar
- 3 Tbsp. fresh lime juice
- 1 Tbs. fresh orange juice
- 1 Tbsp. orange zest.

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

Preparation:

Wash the carrots and grate them in a bowl. Add the maple syrup, cilantro and chili flakes. Blend all the dressing ingredients. Add half the dressing and save the rest for another use. Marinate for 15 - 20 minutes before serving. Garnish with chopped peanuts and mint.

Nutritional Information for one Serving:

Calories 260
Fat 18 gm
Fiber 3 gm
Cholesterol 0mg
Sodium 11mg.

Rev. 01/2010



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