

4/12



Asian Carrot Salad



Ingredients

SALAD

- 2 cups shredded carrots (about 4 medium carrots)
- 1/4 cup fine chopped green or red bell pepper
- 1/4 cup raisins or craisins
- 1/4 cup unsalted cashews or sunflower seeds

ASIAN DRESSING

- 1/4 cup orange juice (juice from 1/2 orange)
- 1 Tablespoon vegetable oil or olive oil
- 1 Tablespoon low sodium soy sauce
- 1/8 teaspoon ground ginger
- 1/8 teaspoon garlic powder
- 1 teaspoon honey or sugar

Directions

1. Combine carrots, peppers, raisins and sunflower seeds in a bowl.
2. Combine orange juice, vegetable oil, soy sauce, ground ginger, garlic powder and honey or sugar in a jar. Cover and shake to blend.
3. Add the oriental salad dressing or your favorite salad dressing. Stir to blend.
4. Refrigerate for a few hours to blend flavors.
5. Refrigerate leftovers within 2 hours.

Notes

- Honey is not recommended for children under 1 year old.

Recipe adapted from Nutrition Matters.

For tasty, healthy recipes that fit your budget, visit www.FoodHero.org!

Makes: 2 cups
Prep time: 20 minutes

Nutrition Facts

Serving Size 1/2 cup (108g)
Servings Per Container 4

Amount Per Serving

Calories 150 **Calories from Fat 70**

% Daily Value*

Total Fat 8g **12%**

Saturated Fat 1g **5%**

Trans Fat 0g

Cholesterol 0mg **0%**

Sodium 330mg **14%**

Total Carbohydrate 19g **6%**

Dietary Fiber 3g **12%**

Sugars 12g

Protein 3g

Vitamin A 190% • **Vitamin C 30%**

Calcium 4% • **Iron 4%**

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

		Calories: 2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4