



RECIPE:

Carrot and Apple Salad

Number of Servings: 4

Ingredients:

- 2 carrots
- 1 tart apple, such as
Granny Smith
- 2 T. honey
- 2 T. extra virgin olive
oil
- 2 T. apple cider
vinegar
- ½ tsp. salt

Directions:

1. Wash hands with soap and water. Scrub the carrots and apple with a clean vegetable brush under running water.
2. Peel the carrots. Cut into ¼-inch thick slices. Set aside.
3. Cut apple and remove the core. Cut into fourths. Cut crosswise into ¼-inch thick slices.
4. Blanch the carrots. Bring a medium saucepan, half full of water to a boil. Add carrots and blanch for about 2 minutes. Drain. Add cold water to stop the cooking process. Drain and pat dry.
5. Add carrots and apple to dressing. Stir to combine.
6. Dressing: In a large bowl, combine honey, olive oil, vinegar and salt.

Nutrition Info:

Nutrition Facts	
4 servings per container	
Serving size	1/2 cup
Amount per serving	
Calories	130
% Daily Value*	
Total Fat 7g	9%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 18g	7%
Dietary Fiber 2g	7%
Total Sugars 15g	
Includes 9g Added Sugars	18%
Protein 1g	
Vitamin D 0mcg	0%
Calcium 13mg	2%
Iron 0mg	0%
Potassium 61mg	2%
*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Recipe Credit: : Nebraska Extension Nutrition Education Program