



Carrot and Raisin Salad

“Root Vegetables Rock”

Yield: 6 servings

Serving Size: 1/6 of recipe

Ingredients:

- 2 cups shredded carrots
- 1/2 cup diced celery
- 1/2 cup raisins
- 1/3 cup mayonnaise
- 1 tablespoon distilled white vinegar

Directions:

In a mixing bowl, combine the carrots, celery, raisins, mayonnaise and vinegar. Mix together thoroughly and refrigerate until chilled.

(Each serving provides 104 calories, 41 calories from fat, 4.5 grams fat, 0.7 grams saturated fat, 3 mg cholesterol, 128 mg sodium, 16.5 grams carbohydrates, 1.6 grams fiber, 9.9 grams sugar, 0.9 grams protein)

Source: Cornell Cooperative Extension, Schenectady County