

Carrot Raisin Salad

Yields 6 servings (½ cup each)

Ingredients

- 6 medium carrots, grated
- ¾ cup raisins
- ½ cup of non-fat or low-fat vanilla yogurt
- 1 tablespoon orange juice

Instructions

1. Rinse and scrub carrots with a vegetable brush. Shred carrots using a grater.
2. In a large bowl, mix all ingredients together well.
3. Chill and serve.

Helpful Information

- Tastes great with ½ cup of your favorite unsalted nuts and a chopped apple!
- Add other vegetables to this recipe, such as finely grated cabbage.
- Fruits and vegetables are great sources of vitamins, minerals, and fiber, so make your plate ½ vegetables and fruits every day!

Nutrition Facts	
Serving Size 1/2 cup	
Servings Per Recipe 6 servings	
Amount Per Serving	
Calories 110	Calories from Fat 0
% Daily Value*	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 24g	8%
Dietary Fiber 3g	12%
Sugars 21g	
Protein 2g	
Vitamin A 110%	• Vitamin C 10%
Calcium 6%	• Iron 6%
*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	
Label analysis based on ingredients listed.	

Source: CUCE-NYC FMNP Recipe Collection 2014



Recipe analyzed using The Food Processor® Nutrition Analysis Software from ESHA Research, Salem, Oregon.

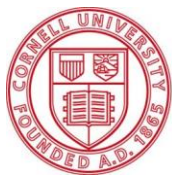
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Ensalada de Zanahorias y Pasas

Rinde 6 raciones (½ taza cada una)

Ingredientes

- 6 zanahorias medianas, ralladas
- ¾ de taza de pasas
- ½ taza de yogur con sabor a vainilla, sin grasa o bajo en grasa
- 1 cucharada de jugo de naranja

Instrucciones

1. Lave y restriegue las zanahorias con un cepillo para vegetales. Ralle las zanahorias usando un rallador.
2. En un recipiente grande, mezcle bien todos los ingredientes.
3. Ponga en el refrigerador hasta servir.

Información Útil

- ¡Sabe delicioso con ½ taza de sus nueces sin sal favoritas y una manzana picada!
- Añada otros vegetales a esta receta, como col o repollo rallado finamente.
- Las frutas y vegetales son grandes fuentes de vitaminas, minerales, y fibra. ¡Haga vegetales y frutas la mitad de su plato cada día!

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