



Carrot and Raisin Sunshine Salad

Serving Size: 1/4 of Salad

Yield: 4 Servings

Ingredients:

1 lb., carrots (5 or 6), peeled and shredded

1/2 cup, raisins

1 carton (8 oz.) low-fat vanilla yogurt

5 iceberg lettuce leaves

Directions:

1. In a large bowl, mix all ingredients together, except lettuce.
2. Cover with plastic wrap and refrigerate for 15 minutes.
3. Toss again before serving.
4. Serve on lettuce leaves.



Nutrition info per serving: Calories 126 kcal; Fat, 1 g; Sodium, 95 mg; Carb, 28 g; Fiber, 3 g; Protein, 4 g; Vitamin A, 310%; Vitamin C, 10%; Calcium, 10%; Iron, 4%

Source: FruitsandVeggiesMatter.gov



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