

Moroccan Carrot Salad

Contributed by Jeanne B., Hopelink Harvest volunteer

Ingredients:

- 6 medium carrots
- ½ small onion
- 1 large lemon or 2 TB juice
- 3 tablespoons olive or vegetable oil
- *Optional:* 1 teaspoon curry powder
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ cup raisins
- *Optional:* ¼ cup sliced almonds, or other chopped nuts

Method:

1. Rinse carrots and shred with grater. Dice onion. Combine in medium bowl.
2. Cut lemon in half and squeeze into small bowl. Add oil, optional curry powder, salt and pepper and mix well. Let marinate for 5 minutes.
3. Pour dressing over carrots and onions.
4. Add raisins and optional nuts and stir. – Enjoy!

For more healthy recipes:
www.hopelink.org/need-help/food/healthy-recipes

Moroccan Carrot Salad

Contributed by Jeanne B., Hopelink Harvest volunteer

Ingredients:

- 6 medium carrots
- ½ small onion
- 1 large lemon or 2 TB juice
- 3 tablespoons olive or vegetable oil
- *Optional:* 1 teaspoon curry powder
- ½ teaspoon salt
- ¼ teaspoon black pepper
- ¼ cup raisins
- *Optional:* ¼ cup sliced almonds, or other chopped nuts

Method:

1. Rinse carrots and shred with grater. Dice onion. Combine in medium bowl.
2. Cut lemon in half and squeeze into small bowl. Add oil, optional curry powder, salt and pepper and mix well. Let marinate for 5 minutes.
3. Pour dressing over carrots and onions.
5. Add raisins and optional nuts and stir. – Enjoy!

For more healthy recipes:
www.hopelink.org/need-help/food/healthy-recipes



Growing Connections to Fresh Food

