Growing connections to fresh food.

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:
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