

Carrot-Raisin Salad

This recipe is a good source of vitamin A which keeps eyes and skin healthy.

Ingredients:

- 2 cups shredded **carrots** (about 4 carrots)
- 1/4 cup **raisins**
- 2 tablespoons low-fat **mayonnaise**
- 2 tablespoons **plain yogurt** or 2 tablespoons **orange juice**

Directions:

1. Combine the carrots and raisins in a serving bowl.
2. Mix mayonnaise with yogurt or orange juice.
3. Pour mixture over carrots and raisins. Chill until serving time.
4. Refrigerate leftovers within 2-3 hours.

Nutrition Facts

Serving Size 1/2 cup (79g)	
Servings Per Container 4	
Amount Per Serving	
Calories 80	Calories from Fat 25
% Daily Value*	
Total Fat 2.5g	4%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 5mg	2%
Sodium 105mg	4%
Total Carbohydrate 14g	5%
Dietary Fiber 2g	8%
Sugars 3g	
Protein 1g	
Vitamin A 190%	• Vitamin C 6%
Calcium 4%	• Iron 2%
*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 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

4 servings, 1/2 cup each

Bright Ideas:

Source: Washington State University Food Choices: Caring Families
For more recipes and other resources on eating well for less, see our web site at: <http://www.healthyrecipes.oregonstate.edu>