

Carrot and Raisin Salad

Courtesy of Carole's Creations

Prep Time: 30 minutes

Time before serving: 4 – 24 hours

Serves: 8

CChints: Prepare a day ahead to allow flavors to combine. Carrots are an excellent source of betacarotene. This salad is great with grilled meats. Save the squeezed lemon half in a sealed bag in the freezer. When you need lemon zest again, just pull it out of the freezer and run it under cold water for a few seconds. It will be ready to zest.



Salad:

1 pound carrots, peeled & grated

1 cup raisins or chopped dates

1/2 cup red onion, minced

1-1/2 cup pecans, chopped

1/4 cup fresh parsley, chopped

Dressing:

1/2 cup reduced fat mayonnaise

1 teaspoon lemon zest

1/4 cup fresh lemon juice

1-1/2 teaspoon sugar or sugar substitute

1/2 teaspoon salt

1/2 teaspoon ground cinnamon

1 glove minced garlic, fresh or from a jar

Peel carrots and use your food processor for shredding. Be careful to shred and not puree the carrots. Empty the contents into a large mixing bowl. Do this a few times until all the carrots are shredded. Use the food processor to chop the nuts and parsley. Add the raisins through parsley to the bowl and stir.

For the dressing, combine all the ingredients in a medium mixing bowl. It will be easier to zest the lemon with a microplane before you cut it to get the juice. Zest through the yellow part only because if you go deeper, the white part can be bitter. This also helps get the juices flowing inside and it should be easier to squeeze. Squeeze the lemons over a measuring cup face up to keep out the seeds or turn it any direction you want and squeeze away and use a fork to get out the seeds before adding to the dressing. Blend well and add to the salad. Cover the bowl and refrigerate for a few hours before serving to allow the flavors to blend.