MOROCCAN SALAD

SERVES 6

This recipe serves up Moroccan taste as a salad or side dish.

INGREDIENTS

1 pound carrots, peeled
2 tablespoons lemon juice
1 teaspoon sugar
½ teaspoon paprika
¼ teaspoon ground cumin
¼ teaspoon ground cinnamon
½ teaspoon salt

1/8 teaspoon cayenne pepper
1 tablespoon olive oil
¼ cup parsley (minced)
1 cup raisins
Lettuce leaves (optional)

DIRECTIONS

1. Slice carrots diagonally into ½-inch pieces.
2. Cook carrots in boiling water until crisp-tender, about 5 minutes; or microwave on high in a covered, microwave safe container with a couple tablespoons of water for 5-7 minutes. Drain and set aside to cool.
3. Combine lemon juice, sugar, paprika, cumin, cinnamon, salt, and cayenne pepper. Stir to dissolve sugar and salt.
4. Stir in olive oil, parsley, and raisins. Add carrots and toss.
5. Cover and refrigerate at least one hour to chill and blend flavors. Stir occasionally.
6. Serve on lettuce leaves, if desired.

SIMPLY GOOD EATING

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NUTRITION FACTS

Serving Size: 1/6 of recipe
Calories: 134
Total Fat: 2.5 g
Cholesterol: 0 mg
Sodium: 142mg
Total Carbohydrate: 29g
Dietary Fiber: 3g
Protein: 2g

Recipe courtesy of Fruits & Veggies—More Matters®
www.FruitsAndVeggiesMoreMatters.org

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