

Carrot Raisin Orange Salad

Ingredients:

3 carrots
 1 orange
 1/2 cup raisins
 1/3 cup yogurt
 6 cups romaine lettuce

Equipment:

Cutting Board
 Knife
 Grater
 Measuring cups

Number of Servings: 6
 Prep Time: 15 minutes
 Total Time: 1 hour

Directions

1. Wash carrots. Use a grater to shred carrots into small pieces, add to medium bowl.
2. Wash orange. Cut off both ends of orange, and set upright on cutting board. Peel the orange and remove as much of the outer membrane. Stand orange on cutting board and run knife along section membranes to remove meat of orange. Place in bowl, making sure to remove any membrane that may have accidentally gotten into bowl. The center of the orange and section skin will be left. Throw away.
3. Pour raisins in 1/2 cup measuring cup, and add to bowl.
4. Put yogurt in 1/3 cup measuring cup and add to bowl. Refrigerate for at least 1/2 hour.
5. Wash lettuce leaves and tear into bite size pieces. Spread in an even layer on a plate. Spoon carrot mixture on top and serve.

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| Nutrition Facts | |
|--|---------------------|
| Serving Size: 1 1/2 cups | |
| Servings: 6 | |
| Amount Per Serving | |
| Calories 191 | Calories from Fat 9 |
| %Daily Value* | |
| Total Fat 1g | 2% |
| Saturated Fat 0g | 0% |
| Cholesterol 2mg | 1% |
| Sodium 28mg | 1% |
| Total Carbohydrate 18g | 6% |
| Dietary Fiber 3g | 12% |
| Protein 5g | 10% |
| Vitamin A 211% | Vitamin C 48% |
| Iron 6% | Calcium 7% |
| *Percent Daily Values are based on a 2,000 calorie diet. | |

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