

## 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 26mg	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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