



# Moroccan Carrot Salad



Adapted from *Cooking Matters*

## Ingredients



- 6 medium carrots
- 1/2 small onion
- 2 Tablespoons lemon juice
- 3 Tablespoons canola oil
- 1 teaspoon curry powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup dark or golden raisins



## Directions



Yield: 6

Serving size: 3/4 cup

Total cost: \$ 2.14 Serving cost: \$ 0.36

1. Rinse and peel carrots and onion.
2. Shred carrots with a grater. Dice onion. Place in medium bowl.
3. Combine oil, curry powder, salt, pepper, and lemon juice. Mix well. Let marinate 5 minutes.
4. Pour liquid mixture over carrots and onions. Stir in raisins. Mix well.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



# Moroccan Carrot Salad



Adapted from *Cooking Matters*

## Ingredients



- 6 medium carrots
- 1/2 small onion
- 2 Tablespoons lemon juice
- 3 Tablespoons canola oil
- 1 teaspoon curry powder
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 1/4 cup dark or golden raisins



## Directions



Yield: 6

Serving size: 3/4 cup

Total cost: \$ 2.14 Serving cost: \$ 0.36

1. Rinse and peel carrots and onion.
2. Shred carrots with a grater. Dice onion. Place in medium bowl.
3. Combine oil, curry powder, salt, pepper, and lemon juice. Mix well. Let marinate 5 minutes.
4. Pour liquid mixture over carrots and onions. Stir in raisins. Mix well.

Visit [secondharvestkitchen.org](http://secondharvestkitchen.org) to find more recipes, free classes, and ways to get involved!



# Fast Facts



## Featured Food Groups



Choose **MyPlate.gov**

## Cooking Tips



- Replace half the carrot with grated jicama or apple.
- For best taste, allow flavors to blend before serving (15-20 minutes).
- Serve as a side or layered on a sandwich with lean turkey and fresh veggies like cucumber.

Nutrition Facts	
Serving Size 3/4 cup	
Servings Per Recipe 6	
Amount Per Serving	
<b>Calories 110</b>	Calories from Fat 60
% Daily Value*	
<b>Total Fat 7g</b>	<b>9%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 240mg</b>	<b>10%</b>
<b>Total Carbohydrate 13g</b>	<b>5%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars 7g	
<b>Protein 1g</b>	
Vitamin A 200%	• Vitamin C 10%
Calcium 2%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Second Harvest is an equal opportunity provider.



# Fast Facts



## Featured Food Groups



Choose **MyPlate.gov**

## Cooking Tips



- Replace half the carrot with grated jicama or apple.
- For best taste, allow flavors to blend before serving (15-20 minutes).
- Serve as a side or layered on a sandwich with lean turkey and fresh veggies like cucumber.

Nutrition Facts	
Serving Size 3/4 cup	
Servings Per Recipe 6	
Amount Per Serving	
<b>Calories 110</b>	Calories from Fat 60
% Daily Value*	
<b>Total Fat 7g</b>	<b>9%</b>
Saturated Fat 0.5g	<b>3%</b>
Trans Fat 0g	
<b>Cholesterol 0mg</b>	<b>0%</b>
<b>Sodium 240mg</b>	<b>10%</b>
<b>Total Carbohydrate 13g</b>	<b>5%</b>
Dietary Fiber 2g	<b>7%</b>
Sugars 7g	
<b>Protein 1g</b>	
Vitamin A 200%	• Vitamin C 10%
Calcium 2%	• Iron 0%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

Second Harvest is an equal opportunity provider.