

Carrot Raisin Peach Salad

One serving of this dish provides at least one serving of fruits or vegetables. Get at least five servings of fruits and vegetables a day as part of a diet high in fiber and low in fat.

Ingredients:

- 3 cups **carrots**, peeled and grated
- 1/2 cup **raisins**
- 1/2 cup **light mayonnaise or lowfat plain yogurt**
- 2 teaspoons **lemon juice**
- 1/2 teaspoon **salt**
- 1 teaspoon **sugar**
- 1 cup frozen **peaches**

Directions:

1. Combine carrots and raisins in a large bowl.
2. In small bowl combine the mayonnaise or yogurt, lemon juice, salt, and sugar together. Stir into carrot mixture.
3. Refrigerate until ready to serve.
4. Just before serving stir in the frozen peaches.
5. Refrigerate leftovers within 2-3 hours.

Nutrition Facts

Serving Size 1/2 cup (61g)	
Servings Per Container 10	
Amount Per Serving	
Calories 45	Calories from Fat 0
%	
Total Fat 0g 0%	
Saturated Fat 0g 0%	
Trans Fat 0g	
Cholesterol 0mg 0%	
Sodium 140mg 6%	
Total Carbohydrate 11g 4%	
Dietary Fiber 1g 4%	
Sugars 4g	
Protein 1g	
Vitamin A 80% • Vitamin C 6%	
Calcium 2% • Iron 2%	
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
Calories 2,000 2,500	
Total Fat	Less Than 65g 80g
Saturated Fat	Less Than 20g 25g
Cholesterol	Less Than 300mg 300 mg
Sodium	Less Than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Bright Ideas:

Source: OSU Extension, Lane County. For more recipes and other resources on eating well for less, see our web site at <http://www.healthyrecipes.oregonstate.edu>