

## Carrot-Raisin Salad

*This recipe is a good source of vitamin A which keeps eyes and skin healthy.*

### Ingredients:

- 2 cups shredded **carrots** (about 4 carrots)
- 1/4 cup **raisins**
- 2 tablespoons low-fat **mayonnaise**
- 2 tablespoons **plain yogurt** or 2 tablespoons **orange juice**

### Directions:

1. Combine the carrots and raisins in a serving bowl.
2. Mix mayonnaise with yogurt or orange juice.
3. Pour mixture over carrots and raisins. Chill until serving time.
4. Refrigerate leftovers within 2-3 hours.

### Nutrition Facts

Serving Size 1/2 cup (79g)	
Servings Per Container 4	
Amount Per Serving	
<b>Calories</b> 80	Calories from Fat 25
% Daily Value*	
<b>Total Fat</b> 2.5g	<b>4%</b>
Saturated Fat 0g	<b>0%</b>
Trans Fat 0g	
<b>Cholesterol</b> 5mg	<b>2%</b>
<b>Sodium</b> 105mg	<b>4%</b>
<b>Total Carbohydrate</b> 14g	<b>5%</b>
Dietary Fiber 2g	<b>8%</b>
Sugars 3g	
<b>Protein</b> 1g	
Vitamin A 190%	• Vitamin C 6%
Calcium 4%	• 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	

**4 servings, 1/2 cup each**

### Bright Ideas:

Source: Washington State University Food Choices: Caring Families

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