



Carrot Ginger Salad



Make 4 servings

Ingredients:

- 2 Cups grated carrots
- 1/4 Cup dried cranberries
- 2 Tbsp. sliced almonds
- 1 Tbsp. freshly squeezed lemon juice
- 1/2 Tbsp. honey
- 1 Tsp. fresh ginger; grated or finely minced
- 1/8 Tsp. cinnamon.

Recipe Source:
American Institute for Cancer Research

Ask the Dietitian County of Los Angeles
www.lapublichealth.org/nutrition

Preparation:

In medium bowl, whisk together lemon juice, honey, ginger, cinnamon and salt. Toss with carrots and cranberries. Garnish with sliced almonds.

Nutritional information per serving:

Calories 73
Fat 2 gm
Saturated fat <1 gm
Carbohydrates 15 gm
Fiber 2 gm
Sodium 58 mg.

Rev. 01/2010



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