

CARROT RAISIN SALAD



April 30

National Raisin Day

INGREDIENTS

- ¼ Cup Mayonnaise
- 1 Tablespoon Honey
- 1 Tablespoon Water
- 1 Teaspoon Lemon Juice
- ¼ Teaspoon Salt
- 4 Cups Shredded Carrot
- 1 Cup Raisins

DIRECTIONS

1. In a large bowl, combine mayo with honey, water, lemon juice, and salt. Whisk everything together until well combined.
2. Add the carrots and the raisins to the sauce, and toss well. Cover with plastic wrap, and refrigerate for 30 minutes or until serving.

MEAL PATTERN CONTRIBUTION

-  Fruit
-  Vegetable

MEAL TYPE

 Lunch/Supper

YIELD

5 Cups

PORTION SIZES

Toddler	Preschool	School Age	Adult
½ Cup	¾ Cup	¾ Cup	1½ Cups