

Marinated Carrot Salad

Salad of the Month November - 2014



Everybody helps. Family members can help wash carrots, cut veggies and stir this vitamin-packed side dish.

Prep Time: 20 Min

Start to Finish: 24 Hr. 45 Min

Makes: 8 servings (1/2 cup each)

INGREDIENTS

- 2 cups water
- 1 lb. baby-cut carrots, cut crosswise in half
- 1 medium onion, chopped (1/2 cup)
- 1 medium red bell pepper, cut into bite-size pieces
- 1 medium stalk celery, cut into 1/2-inch slices (1/2 cup)
- 1 can (10 3/4 oz.) condensed tomato soup
- 1/3 cup honey
- 1/3 cup cider vinegar
- 1 tablespoon canola or soybean oil
- 1 teaspoon Dijon mustard
- 1/2 teaspoon salt
- 1/4 teaspoon pepper

DIRECTIONS

1. In 2-quart saucepan, heat water and carrots to boiling; reduce heat. Simmer uncovered 8 to 11 minutes or just until crisp-tender; drain.
2. In large bowl, toss carrots, onion, bell pepper and celery.
3. In 1-quart saucepan, mix remaining ingredients. Heat to boiling. Pour over vegetables; toss gently.
4. Cover and refrigerate 24 hours before serving.

Recipe Provides: Vegetables 3/4c

NUTRITION INFORMATION PER SERVING

Serving Size:	1 Serving	Calories:	130	Calories from Fat:	25
Total Fat:	2 1/2 g	Saturated Fat:	0 g	Trans fat :	0 g
Cholesterol:	0 mg	Sodium:	440 mg	Total Carbohydrate:	25 g
Dietary Fiber:	2 g	Sugars:	18 g	Protein:	1 g



This recipe is adapted from WWW.eatbetterearly.com

