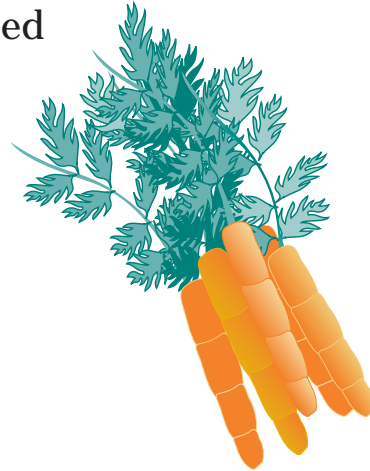
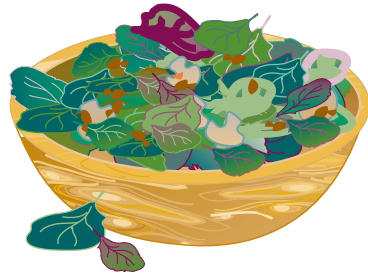


Carrot and Raisin Salad

Ingredients:

- 1-2 medium carrots, scrubbed and shredded
- 1 cup raisins
- 1 carton 8-ounce low fat vanilla yogurt
- Green leaves (leaf lettuce, spinach, kale)



Amount Per Serving	
Calories 190	Calories from Fat 10
% Daily Values*	
Total Fat 1g	1%
Saturated Fat 0g	0%
Cholesterol 5mg	1%
Sodium 55mg	2%
Total Carbohydrate 44g	15%
Dietary Fiber 3g	11%
Sugars 36g	
Protein 4g	
Vitamin A 210%	Vitamin C 10%
Calcium 10%	Iron 6%
*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 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Preparation:

1. Mix all ingredients together, except the green leaves.
2. Cover and refrigerate for 30 minutes.
3. Stir again before serving on the green leaves.

Makes four 1/2 cup servings

