

CARROT SALAD WITH LEMON AND HERBS



Michigan Restaurant & Lodging Association
EDUCATIONAL FOUNDATION

MRLAEF

Ingredients

4 large carrots
Zest of 1 lemon
2 Tbsp lemon juice
2 Tbsp olive oil
3 tbsp chopped fresh parsley
1 Tbsp chopped fresh tarragon
1 tsp salt
1 tsp ground pepper

Directions

Scrub and peel, (optional) and grate the carrots, add lemon juice, zest and olive oil, toss to combine and let sit for a couple of minutes and then add fresh herbs and salt and pepper.

This recipe can be served hot or cold, as a side with fish or chicken or on fresh greens.

Nutritional Information	Servings 4
Calories per serving	141
Total Fat	7.4g
Saturated Fat	1.4g
Cholesterol	0
Sodium	633mg
Total Carbohydrates	8.5g
Dietary Fiber	2.4g
Protein	.97g