Carrot Salad

Makes 4 Servings

Recipe from:
Ina Garten
www.foodnetwork.com

Ingredients

- *1/3 cup golden raisins*
- *1 pound carrots*
- *2 tablespoons of lemon juice*
- *1/4 cup 2% unflavored yogurt*
- *1/4 cup mayonnaise*
- *2 tablespoons honey*
- *1/2 teaspoon salt*
- *1/3 cup diced fresh pineapple*

Directions

1. Place the raisins in a small bowl and cover with boiling water. Allow to sit for 5 minutes and then drain.
2. Fit a food processor with the grating blade. Cut the carrots in half and place in the feed tube so they are lying on their sides. Process in batches. Place the grated carrots in a medium bowl, add the lemon juice and toss.
3. For the dressing, whisk together the yogurt, mayonnaise, honey and salt. Pour the dressing over the carrots and add the pineapple and raisins. Toss together and serve.

Nutrients (approximately)
236 Calories per serving,
Fat 11.3g, Saturated Fat 1.5g, Cholesterol 5.3mg,
Sodium 355.2mg, Carbohydrates 33.2g, Fiber 4g,
Sugars 25.3g, Protein 2.2g

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