Carrots salad

SOURCE OF vitamin A, vitamin C, fibres.



Ingredients

| 4 cups | Carrots, shredded (5-6 carrots, medium-sized) | 11 |
|--------------|--|----------|
| 1/3 cup | Raisins, dried | 90 ml |
| 3 tbsp | Oil, olive | 45 ml |
| 2 tbsp | Lemon juice | 30 ml |
| 1 tbsp | Honey | 15 ml |
| % сир | Parsley, fresh, chopped | 60 ml |
| ¼ tsp | Cumin, powder | 1 ml |
| To taste | Salt and pepper | To taste |



Preparation

In a big bowl, mix all ingredients.



- Use the type of oil you have on hand: olive, canola, vegetable, etc.
- Replace lemon juice with a vinegar of your choice.
- To vary the flavor, vary the type of herb used (fresh coriander, mint, etc.).
- This salad can be store for 3 days.

BALANCED FOOD PLATE

Vegetables (salads, soups, etc.)

Grain products and starches (rice, pasta, bread, etc.)

Meat, milk and their alternatives (fish, legumes, cheese, etc.) ●





Founded in 1879, the Montreal Diet Dispensary is Quebec's leader in social nutrition for pregnant women in difficulty. Each year, the Dispensary helps on average 1,000 of these women in the Greater Montreal to give birth to healthy babies and to foster optimal development of their children. Our innovative interven-tions in nutrition counselling, perinatal and social support, and community development help families feel empowered.