

## The Farm at St. Joe's

### Carrot Salad

#### Ingredients:

- ¼ cup olive oil
- 2 Tablespoons lemon juice
- 1 Tablespoon chopped flat-leaf Italian parsley
- 1 teaspoon Dijon mustard
- 1 teaspoon salt
- ½ teaspoon sugar
- 4 large carrots, shredded
- ½ cup dried cranberries
- 1 small red onion, chopped
- ½ cup slivered almonds, toasted



#### Directions

- 1) Combine olive oil, lemon juice, parsley, mustard, salt, and sugar in a small bowl.
- 2) Combine carrots, cranberries, onion, and almonds in a large bowl. Add dressing. Cover and refrigerate 2 hours or overnight.

Serves 6. Nutrition per serving: 211 calories, 16g fat, 469mg sodium, 16g carbs, 10g sugar, 3g protein

#### Local Is Better

Eating local is healthier. Local produce contains more vitamins and minerals than supermarket produce which has been shipped from far distances. At The Farm at St. Joe's all of our produce is grown without the use of pesticides and is harvested by hand.

*If you are interested in volunteering at The Farm at St. Joe's, call 734-712-HOOP (4667). For more information on nutrition, call St. Joseph Mercy Nutrition Services at 734-712-5800.*

#### Like this Recipe?

Learn more by taking a cooking class at the Women's Health Center. For a full list of upcoming classes, visit [stjoeshealth.org/classes](http://stjoeshealth.org/classes).

Check out our blog for updates and market times at [stjoefarm.org](http://stjoefarm.org)



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