

The Farm at St. Joe's

Carrot Slaw

Ingredients:

5 Tablespoons olive oil
1 Tablespoon Dijon mustard
1 Tablespoon honey
1 Tablespoon rice vinegar
1 Tablespoon lemon juice
1/2 teaspoon salt
1/4 teaspoon pepper
4 cups carrots, shredded
1 Tablespoon celery seeds
1/4 cup currants
1/4 cup slivered almonds



Directions

- 1) To make the vinaigrette: add olive oil, Dijon mustard, honey, rice vinegar, lemon juice, salt and black pepper to a small bowl and combine well.
- 2) In a second medium sized bowl, mix together all remaining ingredients.
- 3) Add the vinaigrette and toss until well combined.
- 4) Cover and refrigerate until ready to serve.

Serves 6. Nutrition per serving: 188 calories, 14g fat, 399mg sodium, 14g carbs, 8g sugar, 2g 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.

Check out our blog for updates and market times at stjoefarm.org



Find us on
Facebook

facebook.com/stjoefarm