



Carrot Salad

Recipe from: <https://www.theviewfromgreatisland.com>

4 servings

Ingredients:

- 1 pound of carrots, peeled and shredded
- 1/2 cup parsley, fresh chopped

FOR THE DRESSING

- 1 tsp Dijon mustard
- 1 tsp Honey
- 2 tbsp Lemon juice, fresh
- 1 Salt to taste
- 3 tbsp Olive oil
- 1/4 tsp Cumin, ground

Directions:

1. Add the shredded carrots and parsley to a mixing bowl and toss together.
2. Whisk together all the dressing ingredients, and taste to adjust if needed.
3. Add the dressing to the carrots and toss everything together gently to combine. Garnish with more fresh parsley if desired. Serve asap.

FOR MORE RECIPES GO TO:

[HTTPS://WWW.MANNAFOOD.ORG/COMMUNITY-FOOD-EDUCATION/RECIPE-CORNER/](https://www.mannafood.org/community-food-education/recipe-corner/)
CYNTHIA@MANNAFOOD.ORG



Ensalada de Zanahoria

Receta de: <https://www.theviewfromgreatisland.com>

4 Porciones

Ingredientes:

- 1 libra de zanahorias peladas y ralladas
- 1/2 taza de perejil fresco picado

PARA EL ADEREZO

- 1 cucharadita de mostaza Dijon
- 1 cucharadita de miel
- 2 cucharadas de jugo de limón fresco
- 3 cucharadas de aceite de oliva
- 1/4 cucharadita de comino molido
- Sal a gusto

Direcciones:

1. Agregue las zanahorias ralladas y el perejil a un tazón y mezcle.
2. Batir todos los ingredientes del aderezo y probar para ajustar si es necesario.
3. Agregue el aderezo a las zanahorias y mezcle todo suavemente para combinar. Adorne con más perejil fresco si lo desea. Servir lo antes posible.