

CAPTIVATING CARROT SALAD

Salad Ingredients:

- 4 cups (1 lb.) peeled and grated carrots
- *1 cup unsweetened or sweetened shredded coconut
- 1 cup raisins
- 1 navel orange or 2 mandarin or clementine oranges, peeled, sectioned, and chopped
- *1/2 cup roasted pepitas, preferably unsalted (pumpkin seeds without shells)

Dressing Ingredients:

- 3 tablespoons oil
- 3 tablespoons lemon juice
- 2 teaspoons honey
- 3/4 teaspoon nutmeg
- 1/4 teaspoon salt

*Unsweetened coconut and roasted pepitas may be available in the bulk food section

Instructions:

1. Stir salad ingredients together in a medium bowl.
2. Stir dressing ingredients in a small bowl, pour over salad ingredients, and stir well.

Make at least an hour ahead of serving, to allow time for flavors to merge.