

## Carrot Raisin Salad

Carrot Raisin Salad is a favorite springtime recipe packed with fresh carrots, canned pineapple tidbits, fresh green apples, raisins, and shredded coconut. Yummy!

### CACFP Home Childcare Crediting Information

½ cup (½ cup measuring cup or No. 8 scoop) provides ¼ cup vegetable (¼ cup red/orange vegetable) and ¼ cup fruit.



**Preparation Time:** 30 minutes

**Cooking Time:** 10 minutes

**Makes:** 6 servings

### Ingredients

- ⅔ cup or 5 oz Low-fat yogurt, plain
- ¼ cup or 2 oz Low-fat mayonnaise
- ¼ tsp Salt
- ⅛ tsp Ground nutmeg
- 1 Tbsp plus 1 ½ tsp Apple cider vinegar
- ¼ cup or 2 ½ oz Honey
- ¾ cup or 6 ½ oz Fresh carrots, shredded coarsely
- 1 cup or 7 ½ oz Canned pineapple tidbits in 100% juice, drained
- 1 cup or 4 oz Fresh green apples, cored, small diced, unpeeled
- 1 ¼ cups or 2 ½ oz Golden raisins
- ¼ cup or ½ oz Coconut, shredded

### Directions

- 1 Dressing:** Combine yogurt, mayonnaise, salt, nutmeg, vinegar, and honey in a medium bowl. Stir well. Set aside for step 3.
- 2** Combine carrots, pineapple tidbits, apples, and raisins in a large bowl. Toss lightly. Set aside for step 3.
- 3** Pour dressing over fruit and vegetable mixture. Stir well.
- 4** Garnish with coconut.
- 5** Cover and refrigerate. Keep the salad refrigerated or store at a cool temperature of 40 °F or lower until ready to serve.
- 6** Serve chilled.
- 7** Serve ½ cup (portion with ½ cup measuring cup or No. 8 scoop).

### Source:

CACFP Home Childcare 6-Serving Recipe Project

**Nutrients Per Serving:** **Calories** 189, **Protein** 4 g, **Carbohydrates** 39 g, **Dietary Fiber** 2 g, **Total Sugars** 32 g, **Total Fat** 3 g, **Saturated Fat** 1 g, **Cholesterol** 5 mg, **Sodium** 217 mg, **Vitamin A** 287 mcg RAE, **Vitamin C** 6 mg, **Vitamin D** 0 IU, **Calcium** 50 mg, **Iron** 1 mg, **Potassium** 209 mg

