



Moroccan Carrot Salad

- 1/3 cup chopped walnuts, toasted
- 6 ounces fresh carrots, shredded or spiral shredded
- 1/3 cup dried currants, raisins or cherries
- 1 Tablespoon orange juice
- 1-1/2 teaspoons lemon juice
- 1/2 teaspoon fresh orange zest, optional
- 1 teaspoon brown sugar
- 1/8 teaspoon salt
- 1/4 teaspoon cinnamon
- 1 Tablespoon vegetable oil

Place walnuts on baking sheet; bake in 300 degree F oven for 6-10 minutes or until lightly browned and toasted.* Remove from oven and set aside to cool.

In a large bowl, combine the shredded carrots, toasted walnuts, and dried currants, raisins or cherries. Set aside.

In a small bowl, whisk orange juice, lemon juice, orange zest, brown sugar, salt, and cinnamon in mixing bowl until blended.

Slowly add oil while whisking until well combined.

Pour the citrus cinnamon dressing over the carrot mixture; mix until carrots are well coated with dressing.

Mix lightly before serving; serving size about 1/2 cup. Yield: 3 cups
Serves: 4 to 6

By Chef Cyndie Story Recipe Team Nutrition Iowa

Developed, tested and standardized to assist schools with incorporating more dark green, orange/red vegetables, legumes, and whole grains into school meals

Recipes are supplement to existing Iowa Gold Star Recipes

***Cook's Note:** I toasted our walnuts in an ungreased nonstick skillet for several minutes, stirring frequently until lightly browned. Set aside. Also I love to spiral slice the carrots for a unique flavor and texture.

About the Recipe: This Moroccan Carrot Salad is simply seasoned lightly with cinnamon and orange flavors, producing a mild delicious dressing that is sure to have kid appeal. I added some chopped parsley for color with dried cherries. This recipe can be used as a base recipe for creating a side dish, adding some cooked brown rice or your favorite grain. It's a great dish to include with your favorite supper.