



Catholic Health Initiatives

Imagine better health.®

Carrot Salad

Serves 8

Prep/cooking time:

Approximately 15 minutes

Ingredients:

- 4 large carrots – shredded
- 1 large apple – peeled, cored, and shredded
- 1 tbsp. lemon juice
- 2 tbsp. honey
- ¼ cup slivered almonds
- Salt and pepper to taste



Quick and Healthy

Directions:

Combine all ingredients in bowl and gently toss. Cover the bowl and chill in the refrigerator for at least 30 minutes before serving.

Harvest of the Month
carrots