

# Carrot Apple Raisin Slaw



**GREATER  
CHICAGO**  
- FOOD -  
DEPOSITORY.

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**Serves: 8**

**Prep: 15 minutes | Cook: 30 minutes**

## INGREDIENTS

- 1 pound carrots, cut into sticks
- 2 apples, diced
- 1 cup raisins
- 1 teaspoon yellow mustard
- 4 tablespoons distilled vinegar
- 1 teaspoon black pepper
- 1 teaspoon salt
- 1/4 cup oil

## DIRECTIONS

1. Whisk together mustard, vinegar, black pepper, and salt.
2. Add oil in a thin stream while continuing to whisk until all of the oil is incorporated.
3. Add in the raisins to the vinaigrette.
4. Add the diced apples to the vinaigrette.
5. Add the shredded carrots and mix until combined.



### Nutrition Information

*Serving Size: about 1/2 cup*

<b>Total calories</b>	<b>169</b>
<b>Total fat</b>	<b>7 g</b>
Saturated fat	0.9 g
<b>Cholesterol</b>	<b>0 mg</b>
<b>Sodium</b>	<b>340 mg</b>
<b>Carbohydrates</b>	<b>27.8 g</b>
Fiber	3.5 g
Sugar	19.3 g
<b>Protein</b>	<b>1.2 g</b>

Recipe source: Greater Chicago  
Food Depository