

Rainbow Carrot Crunch

Serves 8 | ½ c serving

Nutrition Information

Calories: 24 Sodium: 7mg Carbohydrate: 4g



Ingredients

- 3 medium carrots
(rainbow variety looks best)
- ¾ c fresh spinach, trimmed
- 2 Tbsp raisins
- 2 Tbsp orange juice
- 2 tsp cider vinegar
- 1 tsp sugar
- 2 tsp vegetable oil

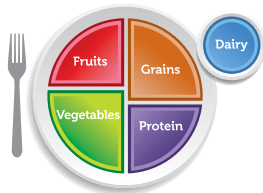
Directions

1. Wash, peel, and shred carrots.
2. Wash spinach and rip leaves in half.
Add to carrots.
3. Mix in raisins.
4. In a separate bowl, whisk orange juice, vinegar, sugar, and oil.
5. Pour dressing over the carrot mixture and toss. Serve immediately.

Additional Information

Eating a mix of foods from the food groups is important to promote health. The MyPlate icon is a reminder to make healthy choices from each of the five food groups. Vegetables are organized into subgroups based on their nutrient content. The vegetable subgroups include *dark green*, *red and orange*, *beans and peas (legumes)*, *starchy*, and *other*.

Foods in the *red and orange* subgroup are an excellent source of beta-carotene, which is turned into vitamin A. In addition, foods in this subgroup are good sources of potassium and vitamin C. Vegetables in this subgroup include carrots, pumpkin, red peppers, sweet potatoes, tomatoes, and winter squash (e.g. acorn and butternut).



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