



today's main ingredient

A  LOCAL FOOD PODCAST



Carrot and Raisin Salad

INGREDIENTS

2 cups shredded carrots
1/2 cup raisins
1/4 cup mayonnaise (or mixed with plain yogurt)
1 Tablespoon sugar or 2 teaspoons honey
2 Tablespoons milk

STEP 1 - Combine the first 4 ingredients.

STEP 2 - Stir in just enough milk to reach desired consistency. However, the longer this sits before serving, the more liquid will accumulate.

STEP 3 - Refrigerate until serving.

Variation: Substitute or mix dried cranberries (Craisins) with the raisins.