



MOROCCAN COOKED CARROT SALAD

Basic Lifestyle

Ingredients

3 large carrots, peeled and halved
2 cloves garlic, peeled and diced
1 TBS Olive oil
2 TBS lemon juice
Morton's Lite salt and paprika to taste

Instructions

1. Place carrots in a small saucepan, cover with water and cook with garlic until soft, about 20 minutes. Drain and cut into slices.
2. Combine remaining ingredients and toss together with carrots.

(For best flavor, leave in refrigerator a few hours before serving. Garnish with chopped fresh parsley.)

Portion-Per-Serving Information: (Yields 6 servings)

Serving = ½ cup = 1 V