



SWEET CARROT SALAD

Basic Lifestyle

Ingredients

5 cups(1/2" thick) carrot slices
2 garlic cloves, halved
2/3 cup fresh lemon juice
1/4 cup chopped fresh parsley
2 TBS Splenda
1 TSP ground cinnamon
1/2 TSP ground cumin
1/2 TSP paprika

Instructions

1. Combine carrot and garlic in a large saucepan. Cover with water; bring to a boil. Cook 8 minutes or until tender. Drain. Discard garlic.
2. Combine lemon juice and remaining ingredients in a medium bowl, and stir well. Add carrot to lemon juice mixture, tossing to coat.
3. Serve salad at room temperature or chilled.

Portion-Per-Serving Information (Serves 8):

Serving = 1/2 cup = 1 V