



Low-Cal French Shredded Carrot Salad

Basic Lifestyle

INGREDIENTS

½ pound carrots, peeled and grated into long thin strips (about 3 cups)
2 TBS fresh lemon juice
1 TBS extra-virgin olive oil
2 TSP sugar substitute
¼ TSP Dijon mustard (or more to taste)
1 TBS chopped fresh parsley, chives or a combination
Pinch of salt and freshly ground black pepper to taste

INSTRUCTIONS

- Place the carrots in a medium-size glass bowl.
- In a small bowl, whisk together the lemon juice, olive oil, sugar and mustard until well blended.
- Pour the dressing over the carrots.
- Add the parsley and/or chives.
- Season to taste with salt and pepper and toss to coat.
- Taste and adjust the seasonings to suit your tastes.
- Chill salad for at least 30 minutes to give flavors a chance to blend and toss again before serving.

SERVING INFO: (Serves 4)

½ cup = 1 V

Photo of recipe at [Instagram](#) and [Facebook](#).