



## Carrot Salad

This easy salad is like a cross between a slaw and a pickle. It makes a nice, simple snack or side dish, but it's also great on a sandwich, taco, or burger. This is a versatile recipe – substitute lemon juice and zest for the lime or use vinegar. Also, you can use parsley or cilantro instead of mint.

Source: *Chop Chop*

### Servings

6

### Ingredients

- 5 large carrots, *scrubbed or peeled*
- Juice of 1 1/2 limes and grated zest of 1/2 lime
- 1 1/2 tsp honey
- 3/4 cup fresh mint leaves, *chopped*
- 3/4 tsp salt
- Optional: 1/2 cup roasted sunflower seeds or peanuts



### Preparation

1. **Ä** Grate the carrots on the large holes of a box grater or with a food processor with grater blade.
2. **Ä** Stir in the lime juice and zest, honey, salt, mint, and peanuts or sunflower seeds. Taste the salad. Do you think it needs more lime? Mint? Honey? Salt? If so, add it, and taste again.
3. **Ä** Serve right away or store, covered in the refrigerator, up to 3 days.

### Did You Know?

The average person eats 17 pounds of carrots per year. How many pounds of carrots do you eat?

## Dig Deeper

For information recipes, lessons, resources, guides, and more, visit: [mtharvestofthemonth.org](http://mtharvestofthemonth.org)



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# Carrots



Scarlet Nantes

Dragon

Yellowstone

MONTANA  
Harvest  
of the month

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Scarlet Nantes

Dragon

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MONTANA  
Harvest  
of the month