

## Crunchy Carrot Salad

*Bugs Bunny's favorite!*

4 to 6 servings

K-State Research and Extension  
Family Nutrition Program



www.kidsacookin.ksu.edu

### Chef's Choice

Crunchy Carrot Salad  
Tuna fish sandwich  
Low fat milk

### Ingredients:

- 1 pound raw carrots, peeled and shredded
- 1/2 cup raisins
- 1 carton (8-ounce) low fat vanilla or lemon yogurt

### Directions:

1. In a large mixing bowl, combine all ingredients. Cover with plastic wrap and store in refrigerator until ready to serve. Toss again before serving.

*Nutrition Facts: One-half cup provides 100 calories, 0.5g total fat, 0mg cholesterol, 80mg sodium, 22g total carbohydrate*

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP) through a contract awarded by the Kansas Department for Children and Families. USDA is an equal opportunity employer and provider. SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. To find out more call 1-800-221-5689.

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