

Crunchy Carrot Salad

Bugs Bunny's favorite!



Level: Easy

Serves: 4 to 6

Kids' Tool Kit

Knife
Peeler
Grater
Measuring cup
Spoon
Mixing bowl



Ingredients:

1 pound raw carrots, peeled and shredded
½ cup raisins
1 carton (8-ounce) low fat vanilla or lemon yogurt



Directions:

Remember to wash your hands!

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.



Helpful Hints: Salad dressing is often times used as the dressing in carrot salad. Try using yogurt for a light and healthy twist.



Safety Tips: Help young children learn how to use a vegetable peeler and grater safely.

Chef's Choice

Crunchy Carrot Salad
Tuna fish sandwich
Low fat milk

Nutrition Facts

Amount Per Serving	
Calories 100	Calories from Fat 5
% Daily Value*	
Total Fat 0.5g	1%
Saturated Fat 0g	0%
Cholesterol 0mg	0%
Sodium 80mg	3%
Total Carbohydrate 22g	7%
Dietary Fiber 3g	11%
Sugars 16g	
Protein 3g	
Vitamin A 180%	Vitamin C 8%
Calcium 10%	Iron 2%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
Calories: 2,000 2,500	
Total Fat	Less than 65g 80g
Saturated Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

Source: Book in a Bag, Family Nutrition Program, K-State Research and Extension, Manhattan, KS. For additional books, lessons and recipes, visit <http://www.humec.ksu.edu/fnp/bib.html>. Suggested book for this cooking activity: *Feast for 10* by Cathryn Falwell.

For more information about this recipe and other fun recipes: contact your county extension office in Kansas, visit the website at www.kidsacookin.ksu.edu, or e-mail kidsacookin@ksu.edu.

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