



Grated Carrot Salad

Serves 2

- 1 teaspoon Dijon mustard
- 1/2 tablespoon freshly squeezed lemon juice, from one lemon
- 1 1/2 tablespoons extra virgin olive oil
- 1 teaspoon honey, to taste
- 1/4 teaspoon salt
- 1/8 teaspoon freshly ground black pepper, to taste
- 1 medium carrot, scrubbed clean
- 1 tablespoon chopped fresh parsley
- 1 finely sliced scallions
- 2T cup raisins or craisins, optional

In bowl add mustard, lemon juice, oil, honey, salt and pepper.

Grate the carrots with the large holes of a box grater.

In a salad bowl, combine the dijon mustard, lemon juice, olive oil, honey, salt and pepper and whisk together with a fork. Shred the carrot, and add it to dressing along with fresh parsley and scallions and raisins/craisins toss well. Taste and adjust seasoning if necessary.

Cover and refrigerate until ready to serve.