

Carrot and Seed Salad

Yield: 4 servings
Serving size: 1 cup
Prep Time: 10 minutes



Ingredients

For Salad:

- ✓ Non stick vegetable coating
- ✓ 1/2 cup raw sunflower or pumpkin seeds
- ✓ 1.5 (10oz.) packages pre-shredded carrots (about 4 cups)
- ✓ 1 cup finely chopped chives

For Dressing:

- ✓ 1/2 cup lemon juice
- ✓ 1/2 tsp. ground black pepper
- ✓ 2 tsp. Truvia® (optional)
- ✓ 1 tablespoon. sunflower or olive oil

Directions:

1. Preheat oven to 350°F.
2. Lightly spray non stick coating (use canola oil spray) on a sheet pan; spread the sunflower seeds on the sheet pan. Very lightly spray seeds with canola spray. Bake for about 15 minutes until they are lightly toasted, stirring frequently. Set aside to cool.
3. Place the carrots in a large serving bowl.
4. Whisk together all ingredients for dressing.
5. Pour dressing over carrots and mix well. Sprinkle with chives and cooled seeds.

Nutrition Facts:

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Serving Size (217g)	
Servings Per Container	
Amount Per Serving	
Calories 180	Calories from Fat 80
% Daily Value*	
Total Fat 9g	14%
Saturated Fat 1.5g	8%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 115mg	5%
Total Carbohydrate 22g	7%
Dietary Fiber 6g	24%
Sugars 9g	
Protein 5g	
Vitamin A 550% • Vitamin C 40%	
Calcium 8% • Iron 8%	
*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	

Lifestyle Tips:

This salad has a pleasant mix of unexpected flavors and textures. It makes a great standalone appetizer, or a creative side dish. It's a great way to get extra veggies in, and is packed with fiber and nutrients.

The dressing is so versatile – it can be used for any salad! To dress a salad, just squeeze a wedge of lemon and drizzle with a small amount of olive oil. If you prefer your vinaigrette dressings a bit sweet, try substituting a zero-calorie, natural sweetener like Stevia instead of sugar.