

Carrot-Raisin Salad

2 cups shredded carrots
1/2 cup seedless raisins
1/2 cup plain or vanilla low-fat yogurt
2 teaspoons lemon juice
1/8 teaspoon salt, if desired

Shred *clean* carrots. Combine with raisins. Mix yogurt, lemon juice, and salt. Pour over salad and mix well.

Oven French Fries

4 medium potatoes
1 Tablespoon oil

Preheat oven to 475. Peel potatoes (if desired) and cut into long strips about 1/2 inch thick. Dry strips with a paper towel. In a bowl, toss potato strips with oil as if making a salad. Spread them in a single layer on a cookie sheet and place in preheated oven. Bake for 35 minutes. Turn fries once or twice to brown on all sides.

Nutrition Facts

Servings Per Recipe 6

Amount Per Serving (using salt)

Calories 67 2% of total calories from fat

Total Fat .1g Sodium 69mg

*Vitamin A 103% *Vitamin C 8%

*Calcium 5% *Iron 2%

*Percentage Daily Values

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Released by Gail M. Hanula, MS, RD, LD, Family Nutrition Program Specialist
November 2002
Publication Number: FDNS-NE 852

Nutrition Facts

Servings Per Recipe 4

Amount Per Serving

Calories 175 18% of total calories from fat

Total Fat 4g Sodium 8mg

*Vitamin A 0% *Vitamin C 33%

*Calcium 1% *Iron 3%

*Percentage Daily Values

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