

Harvest of the Month

MARCH-
CARROTS



Colorful and delicious with slightly spicy and sweet Moroccan flavors-A Mediterranean delight!

PREP TIME: 15 MINS

COOK TIME: 0 MINS

TOTAL TIME: 15 MINS

MAKES 12 ½ C. SERVINGS

INGREDIENTS:

- 5 medium carrots – grated or spiral cut
- 2 c. spinach or kale
- 1 can (14 oz.) Garbanzo beans (chick peas)
- ½ c. walnuts or almonds
- ½ c. Dried cranberries or raisins
- ½ c. Kalamata olives (or traditional olives) or feta cheese.

Dressing: Honey Dijon Aromatic Dressing:***

- 1/3 cup extra virgin olive oil
- 1/4 cup vinegar
- 2 Tbsp. honey
- 1 Tbsp. dijon mustard
- 1/4 tsp salt (optional)
- 1/2 tsp ground cumin or more
- 1/2 tsp ground turmeric or more
- ½ tsp ground cinnamon or more
- 1/4 tsp black pepper

DIRECTIONS:

1. In a large bowl, combine the carrots, spinach, chick peas, nuts, cranberries and olives.
2. In a small bowl, whisk the olive oil, vinegar, honey, Dijon, salt and spices together with a fork.
3. Toss the dressing over the salad just before serving. Add more spices if desired.
4. Serve with your favorite protein – grilled chicken, salmon, boiled eggs, shrimp, etc.

This spice combination is slightly sweet with a Moroccan flavor

B-WELLthy Choices.
Good taste. Good health.



Nutrition Facts	
servings per container	
Serving size	(105g)
Amount per serving	
Calories	160
	<small>% Daily Value*</small>
Total Fat 10g	13%
Saturated Fat 1g	5%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 310mg	13%
Total Carbohydrate 15g	5%
Dietary Fiber 4g	14%
Total Sugars 7g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0mcg	0%
Calcium 39mg	4%
Iron 1mg	6%
Potassium 113mg	2%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Nutrition info per ½ c. serving:

Approx. 160 Calories, 10g Fat, 15g Carb, 4g Fiber, 3 g Protein