

# Carrot Citrus Salad

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## DIRECTIONS

**Prep:** 30 mins plus 15 min for eating

**Servings:** about 24

### Ingredients

- 2 lbs of carrots
- 3 stalks celery sliced thinly
- Or a fennel bulb sliced thin
- 2 large juicy oranges
- 1 1/2 lemons
- 6 tbs olive oil
- 6 tbs chopped parsley or cilantro
- 1 tsp salt

### Instructions

1. Wash hands.
2. Wash and grate carrots.
3. Slice celery.
4. Add fennel and celery to carrots.
5. In separate bowl, juice oranges and lemons.
6. Add herbs, oil, and salt to citrus juice.
7. Mix well and add to grated carrots.

The bright orange color of carrots tells you they're an excellent source of Vitamin A! Vitamin A is important for good eyesight, especially at night. Vitamin A helps your body fight infection, and keeps your skin and hair healthy.

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*Recipes created by chef/writer Nina Anakar for The School Garden Network's Cooking From The Garden program.*