

CARROT DIJON SALAD

Ingredients:

4 medium carrots, peeled and grated

2 T. minced fresh parsley

1 shallot, minced

2 T. extra virgin olive oil

2 T. fresh lemon juice

1 T. Dijon mustard

1 tsp. honey

¼ tsp. kosher salt

¼ tsp. freshly ground black pepper



Directions:

- 1) Combine the carrots, parsley, and shallot in a small salad bowl.
- 2) In a salad dressing shaker, combine the olive oil, lemon juice, Dijon, honey, salt, and pepper. Shake vigorously to combine.
- 3) Pour the dressing over the veggies and toss well.
- 4) Cover and keep chilled until ready to serve.

