Lunch, Mediterranean

Turkish Style Carrot and Apple Salad

Grated carrots and apple are tossed with lemon juice, warm spices, dried currants and toasted almonds in this chilled salad.

130 min	100	15 g	10 g
time	calories	carbs	sugars



Vegan | Gluten free | Dairy free

Ingredients, 8 servings

- [ ] 1/4 tsp black pepper
- [ ] 1/4 tsp ground cinnamon
- [ ] 1/4 tsp ground coriander
- [ ] 1 tsp ground cumin
- [ ] 2 tbsp olive oil
- [ ] 3 tbsp lemon juice
- [ ] 1/4 cup dried currants
- [ ] 1/4 cup slivered almonds (toasted)
- [ ] 2 med apple (unpeeled and coarsely grated)
- [ ] 5 med carrots (peeled and coarsely grated or cut into matchsticks)

Nutrition Facts

Per serving

Calories	100
Total fat	5 g
Saturated fat	0.5 g
Sodium	30 mg
Total carbs	15 g
Fiber	3 g
Total sugars	10 g
Protein	1 g

Method

- [ ] 1 Peel the carrots, then coarsely grate them or cut into matchsticks. Coarsely grate the apple with the peel on.
- [ ] 2 In a large bowl, combine the carrots, apple, olive oil, lemon juice, dried currants, toasted slivered almonds, black pepper, ground cinnamon, ground coriander and ground cumin.
- [ ] 3 Cover the bowl and refrigerate for 1/2 hour before serving.
- [ ] 4 Bring the salad to room temperature and serve.

diabic.com/recipes

Scan to open this recipe and its shopping list