

Caribbean Carrot Salad

SERVINGS: 12

SERVING SIZE: 1/2 cup



Ingredients

¼ tsp	Ground Nutmeg
1 tsp	Dijon Mustard
1/3 cup	Fresh Lime Juice
1/3 cup	Honey
½ cup	Fresh Scallions, sliced
½ cup	Fresh Baby Arugula
1 cup	Fresh Pineapple, diced
4 ½ cup	Fresh Carrots, Matchstick cut
2 ½ tbsp	Olive Oil
1 each	Fresh Garlic Clove, peeled
¼ tsp	Ground Ginger

Directions

1. Blanch carrots by adding to a large pot of boiling water for 1-3 minutes. Quickly remove and immediately place in an ice bath and cut in half.
2. To prepare salad dressing: in a blender combine lime juice, mustard, honey, garlic, salt, pepper, ginger and nutmeg. Blend for 1 minute. With blender running on low, slowly pour the oil and emulsify.
3. In a mixing bowl, add diced pineapple and arugula to the cooled carrots, toss to combine.
4. Pour dressing over carrot mixture and mix gently.
5. Serve chilled, garnish with scallions

Nutritional per serving:

calories 100 kcal, **fat** 3 gm, **protein** 1 gm, **carbs** 20 g, **fiber** 2.5 g, **sodium** 55 mg