Dinner Tonight!
Carrot, Orange and Raisin Salad

1½ cups carrots, washed and shredded
1 large orange, peeled and diced
1/2 cup raisins
1/2 cup plain low-fat yogurt

In a large mixing bowl combine carrots, oranges, and raisins. Add yogurt and mix well. Serve immediately or cover and refrigerate.

Preparation Time: 15 minutes
Cook Time: 0 minutes
Serves: 6 portions (1/2 cup each)

Nutrition facts per serving:
Calories: 72
Total Fat: 0 g
Cholesterol: 0 mg
Sodium: 35 mg
Total Carbohydrate: 17 g
Protein: 2 g