



Grated Carrot Salad

Serves 4

- 1 pound carrots, peeled
- 2 teaspoons Dijon mustard
- 1 tablespoon freshly squeezed lemon juice, from one lemon
- 1 ½ tablespoons vegetable oil
- 1 ½ tablespoons extra virgin olive oil
- 2 teaspoons honey, to taste
- Heaping ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper, to taste
- 2 tablespoons chopped fresh parsley
- 2 finely sliced scallions
- ¼ cup raisins or craisins, optional

Grate the carrots in a food processor or with the large holes of a box grater. Set aside.

In a salad bowl, combine the dijon mustard, lemon juice, honey, vegetable oil, olive oil, salt and pepper. Add the carrots, fresh parsley and scallions and raisins/craisins if using and toss well. Taste and adjust seasoning if necessary. Cover and refrigerate until ready to serve.