Carrot Confetti Salad  
Makes 6 servings – 1/6th of recipe  

Ingredients:  
- 3 large carrots (2 cups grated)  
- ¼ pound red cabbage (1 cup grated)  
- 2 tablespoons vinegar  
- 2 tablespoons vegetable oil  
- ½ teaspoon sugar  
- ½ teaspoon mustard  
- ¼ teaspoon salt  
- Dash of pepper  

Directions:  
1. Peel and grate carrots.  
2. Wash and grate red cabbage.  
3. In large bowl, combine carrots and cabbage.  
4. In small bowl, combine vinegar, oil, sugar, mustard, salt and pepper to make dressing.  
5. Mix dressing with carrots and cabbage.  

Source: GET FRESH! Division of Nutritional Sciences, Cornell University and Cornell Cooperative Extension, 2001  

Nutrition Facts  
6 servings per container  
Serving size (68g)  
Amount per serving  
Calories 60  
- Total Fat 5g (6%)  
- Saturated Fat 0.5g (3%)  
- Trans Fat 0g  
- Cholesterol 0mg (0%)  
- Sodium 130mg (6%)  
- Total Carbohydrate 5g (2%)  
- Dietary Fiber 1g (4%)  
- Total Sugars 3g  
- Includes 0g Added Sugars 0%  
- Protein 1g  
- Vitamin D 0mcg (0%)  
- Calcium 20mg (2%)  
- Iron 0mg (0%)  
- Potassium 165mg (4%)  

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.