

**Salad, Carrot**

[To go back to INDEX - Click INDEX tab](#)

1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12  
13  
14  
15  
16  
17  
18  
19  
20  
21  
22  
23  
24  
25  
26  
27  
28  
29  
30  
31  
32

cups

<b>Yield:</b>	<b>pints</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
---------------	--------------	----------	----------	----------	----------

2.00

<b>Bowl</b>	<b>quarts</b>	<b>2 1/2</b>
-------------	---------------	--------------

<b>Carrots</b>	<b>grated</b>	<b>cups</b>	<b>4</b>	<b>3</b>	<b>2</b>	<b>1</b>
<b>Apple</b>	<b>grated</b>	<b>cups</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>
<b>Raisins</b>		<b>cups</b>	<b>1</b>	<b>3/4</b>	<b>1/2</b>	<b>1/4</b>
<b>Wallnuts</b>	<b>chopped</b>	<b>cups</b>	<b>1/2</b>	<b>3/4</b>	<b>1/4</b>	<b>1/8</b>
<b>Pineapple</b>	<b>diced</b>	<b>cups</b>	<b>1/2</b>	<b>3/4</b>	<b>1/4</b>	<b>1/8</b>
<b>Maronnaise</b>		<b>cups</b>	<b>1/2</b>	<b>3/4</b>	<b>1/4</b>	<b>1/8</b>
<b>Onions, green</b>	<b>chopped</b>	<b>TBSP</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>
<b>Oil, olive</b>		<b>TBSP</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>
<b>Parsley</b>		<b>TBSP</b>	<b>2</b>	<b>1 1/2</b>	<b>1</b>	<b>1/2</b>
<b>Juice, lemon</b>		<b>TBSP</b>	<b>1</b>	<b>3/4</b>	<b>1/2</b>	<b>1/4</b>
<b>Mustard,Dijon</b>	<b>spice</b>	<b>teasp</b>	<b>1</b>	<b>3/4</b>	<b>1/2</b>	<b>1/4</b>
<b>Cumin</b>	<b>spice</b>	<b>teasp</b>	<b>1/2</b>	<b>3/4</b>	<b>1/4</b>	<b>1/8</b>
<b>Salts</b>	<b>spice</b>	<b>teasp</b>	<b>1/4</b>	<b>3/16</b>	<b>1/8</b>	<b>1/16</b>
<b>Pepper, black</b>	<b>spice</b>	<b>teasp</b>	<b>1/4</b>	<b>3/16</b>	<b>1/8</b>	<b>1/16</b>

1.00

0.50

0.20

0.10

0.10

0.10

Add to bowl & Mix

Serve &/or Put in frig