



### INGREDIENT LIST:

- 3 LARGE CARROTS, PEELED AND JULIENNED, ABOUT 2 CUPS
- 2 GRANNY SMITH APPLES, SKIN ON, JULIENNED, ABOUT 3 CUPS
- JUICE OF 1 ORANGE
- 3 Tbsp. EXTRA- VIRGIN OLIVE OIL
- 2 Tbsp. CHOPPED FRESH ITALIAN PARSLEY (OR MINT)
- ¼ Tsp. KOSHER SALT
- FRESHLY GROUND BLACK PEPPER

### INSTRUCTIONS:

Toss the carrots and apples in a salad bowl with the orange juice and olive oil. Sprinkle with the parsley, season with the salt and pepper, and toss again. Serve cold.

### NOTES:

This salad is not only delicious by itself but also a great platform for smoked meats or fish; it works well with trout, salmon, duck breast, and ham. Serve the proteins alongside the salad and you have a great appetizer or meal. It is a sandwich stuffer as well; instead of using mayonnaise or other fatty dressings, use this juicy salad. It is especially good on a sandwich of sliced turkey, chicken, or ham.

Servings: 6



### GARDEN RECIPE

FROM THE GARDEN:  
*Carrots, Apples, Parsley or Mint*

**LYDIA'S CARROT & APPLE SALAD**  
Recipe courtesy of Lydia's Italy



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