

Carrot Citrus Salad

Prep: 30 mins plus 15 min for eating

Servings: about 24

Ingredients

- 2 lbs of carrots
- 3 stalks celery sliced thinly
- Or a fennel bulb sliced thin
- 2 large juicy oranges
- 1 1/2 lemons
- 6 TBS. olive oil
- 6 TBS. Chopped parsley or cilantro
- 1 tsp. Salt

Instructions

Wash Hands with soap

1. Wash and grate carrots.
2. Slice celery
3. Add fennel and celery to carrots
4. In separate bowl-juice oranges and lemons.
5. Add herbs, oil and salt to citrus juice
6. Mix well and add to grated carrots.

The bright orange color of carrots tells you they're an excellent source of Vitamin A. Vitamin A is important for good eyesight, especially at night. Vitamin A helps your body fight infection, and keeps your skin and hair healthy.