

Family Recipe

TANGY CARROT SALAD*

Serves 4-6

Recipe from Head Start Family Worker

INGREDIENTS

1.5 lbs. carrots

½ cup plain yogurt

¼ cup sour cream

¼ cup mayonnaise

1 large cloves of garlic, minced

1 Tbs. – chopped fresh dill (or ½ Tbs. dried dill)

Salt and pepper to taste

DIRECTIONS

1. Wash, peel and finely shred carrots, put in a bowl
2. Add yogurt, sour cream mayonnaise and minced garlic – lightly fold together until carrots are coated.
3. Add chopped dill, salt and pepper. Fold together.
4. Chill and serve.

** If preparing the night before serving, mix in dill, salt and pepper before serving.*

