

# CARROT SALAD

## THE FRENCH WAY

This salad is always a hit!

You can eat it plain, mix it up with kale or lettuce, add it to sandwiches. I love it with chives but parsley works well too.

For a fancy look, pack the salad in tiny tea bowls and turn over onto individual plates (see photo -->)



PREP 5 MIN - NO COOKING

## INGREDIENTS

- 4 cups shredded carrots
- 1/2 cup finely chopped chives
  - 1/3 cup raisins (optional)
- 1/3 cup chopped walnut (optional)
- 1/3 cup Creamy Salad Dressing

My recipes are personal suggestions put together for your convenience and tasting pleasure.

Please don't assume that every recipe works for everybody, and make sure you won't be subject to adverse reactions. Bon appétit !

# PREPARATION

1/ Combine all the ingredients in a bowl.

2/ Cover and let sit in the refrigerator for 1 or 2 hours if possible before eating, so that flavors have time to develop.

Note: This salad keeps well in the fridge for 2 or 3 days. If you want to keep it for longer, just store all the ingredients separately until you are ready to prepare your salad.

If you shred the carrots yourself, you can keep them in a ziplock bag until the last minute rather than mixing them right away with the dressing. Again, this way, you will be able to prepare everything well in advance, and will just have to combine ingredients at the last minute.

For dressing, I recommend you use my "Creamy Salad Dressing" recipe. Make it flavorful so that you don't have to add lots of ingredients to your carrots. All the flavor is in the dressing, it makes it really easy and quick!

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