

Carrot Raisin Salad

A HEALTHY, DELICIOUS, MEAT-FREE RECIPE



THE HUMANE SOCIETY
OF THE UNITED STATES

YIELD: 32 oz.

8 (4oz.) Servings

Ingredients	Qty	Measure
Carrots (grated)	1	Cup
Canned crushed pineapple (drained)	½	Cup
Raisins	½	Cup
Dressing		
Just Mayo or other vegan mayonnaise	½	Cup
White vinegar	2	Tbsp
Sugar	1	Tbsp
Almond milk	¼	Cup

HACCP - Standard Operating Procedure - Use hand washing procedures before starting recipe.

Preparation

1. Mix carrots, pineapple and raisins then set aside
2. Whisk Just Mayo, vinegar, sugar, and almond milk together
3. Toss carrot mixture and dressing together

HACCP Critical Control Point: Heat to a temperature of 140°F for 15 seconds.

HACCP Critical Control Point: Hold at internal temperature of 135°F or above.

HACCP Critical Control Point: Reheat leftover produce to 165°F or higher; reheat product only once.

Serving Information

4oz. carrot raisin salad. Top with 1 oz. of chopped toasted walnuts.

Nutrition Information

*From USDA Nutrient Database

Calories: 50 Total Fat: 0 g Saturated Fat: 0 g Carbohydrate: 12 g Protein: 1 g Sodium: 14 mg

Vitamin A: 8% Vitamin C: 3% Calcium: 2% Iron: 0%