

# Moroccan Carrot Salad

BY **CHEF DIDI EMMONS**, COOKBOOK CONSULTANT, PROJECT BREAD'S CHEFS IN SCHOOLS INITIATIVE

Chopped pineapple can be added here in lieu of, or in addition to, the apples or raisins. Great for salad bars or next to entrées such as Kirk's Grilled Turkey Panini.

- 6 $\frac{3}{4}$  cups grated carrots, peeled (about 13 pounds)
- 13 large crispy apples, such as honey crisp, cut into strips
- 5 $\frac{1}{2}$  cups raisins

## Dressing

- 2 $\frac{1}{2}$  cups orange juice (20 fluid ounces)
- 3 $\frac{1}{4}$  cups apple cider vinegar
- 3 tablespoons or 8 cloves minced garlic ( $\frac{3}{4}$  ounce) or 1 tablespoon garlic powder
- $\frac{1}{3}$  cup chopped ginger, optional (1 $\frac{1}{8}$  ounce)
- 4 teaspoons cumin
- 4 teaspoons cinnamon
- 1 $\frac{1}{2}$  cups brown sugar
- 3 $\frac{1}{4}$  cups vegetable oil
- 4 teaspoons salt
- 1 tablespoon pepper
- 8 cups chopped fresh cilantro—include the stems because they are tender and have just as much flavor ( $\frac{1}{4}$  pound)

**YIELD: 100 SERVINGS (K-5) \* SERVING SIZE: 1 $\frac{1}{2}$  CUPS**

In a large bowl, combine carrots, apples, and raisins for the salad.

In a smaller bowl, combine ingredients for the dressing.

Add the dressing into the salad mixture, and season with salt and pepper. Add the chopped cilantro at the last minute.

Toss and serve.

**NOTE:** *The salad can be made up to 3 hours ahead. Dressing can be made the day before. Do not add the cilantro until serving.*

## NUTRITIONAL INFORMATION

CALORIES: 144; SODIUM: 138.4 MG; SATURATED FAT: 6.10%

## USDA REQUIREMENTS MET

- $\frac{5}{8}$  CUP RED OR ORANGE VEGETABLE
- $\frac{1}{2}$  CUP FRUIT