Recipe card instructions: For best results, print two-sided cards on heavyweight paper, such as card stock. Select the “flip on short edge” print setting to ensure the back side of the card isn’t upside down. Cut out each card along dashed lines.

Tropical Carrot, Pineapple, Raisin Salad
- 1½ cups grated carrots
- 1 small can crushed pineapple
- ½ cup raisins
- ½ cup light mayonnaise

Put carrots, pineapple and raisins in a bowl; toss lightly. Add enough mayonnaise to moisten. Chill. Serve on lettuce or cabbage, if desired. Makes 6 servings.

Source: University of Missouri Extension Family Nutrition Education Programs
Recipe card instructions:
For best results, print two-sided cards on heavyweight paper, such as card stock. Select the “flip on short edge” print setting to ensure the back side of the card isn’t upside down. Cut out each card along dashed lines.

Tropical Carrot, Pineapple, Raisin Salad

Note:
• Add apples, celery or nuts such as walnuts, if you wish.

Nutrition Facts
Serving Size 1/2 cup
Amount Per Serving
Calories 140
Total Fat 7g 11%
Sodium 160mg 7%
Total Carbohydrate 21g 7%
Dietary Fiber 2g 8%
Protein 1g
Vitamin A 90% Vitamin C 8%
Calcium 2% Iron 4%

*Nutrition Facts are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.

Note:
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