



## Tropical Carrot, Pineapple and Raisin Salad

Servings: 6

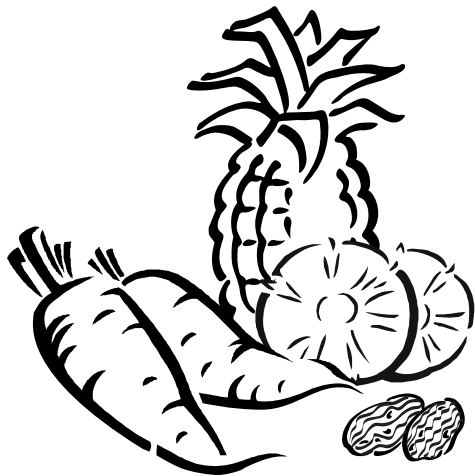
Rinse fresh vegetables under running water. Scrub firm-skin veggies with a vegetable brush while rinsing.

### Ingredients:

- 1½ cups carrot, finely grated
- 1 small can pineapple, crushed
- ½ cup raisins
- ½ cup light mayonnaise

### Directions:

1. Wash hands and services.
2. Toss carrots and fruit together lightly. Add enough mayonnaise to moisten.
3. Chill, then serve on lettuce or cabbage.
4. Refrigerate leftovers immediately.



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### Nutrition Facts

Amount Per Serving

**Calories** 140

Calories from Fat 60

% Daily Value\*

**Total Fat** 7g

**11%**

Saturated Fat 1g

**5%**

Trans Fat 0g

**Cholesterol** 5mg

**2%**

**Sodium** 160mg

**7%**

**Total Carbohydrate** 21g

**7%**

Dietary Fiber 2g

**8%**

Sugars 17g

**Protein** 1g

Vitamin A 90%

Vitamin C 8%

Calcium 2%

Iron 4%

### Tips:

- Add cut apples, celery or nuts like walnuts.
- Use fresh, local veggies. Go online to find a farmers market at:  
[agebb.missouri.edu/fmktdir/index.htm](http://agebb.missouri.edu/fmktdir/index.htm)  
or other Missouri local foods at:  
[foodcircles.missouri.edu/sources.htm](http://foodcircles.missouri.edu/sources.htm)
- ☺ They learn from watching you — eat fruits and veggies and your kids will, too.

Funded in part by USDA SNAP.

For more information, call MU Extension's Show Me Nutrition line at 1-888-515-0016.

Running out of money for food? Contact your local food stamp office or go online to [dss.mo.gov/fsd/fstamp/](http://dss.mo.gov/fsd/fstamp/)