

## Apple and Carrot Salad with Raisins and Herbs

### Ingredients:

- 2 cups shredded carrots
  - 2 cups shredded sweet apples
  - ¼ cup raisins or currants
  - 1 teaspoon grated lemon rind
  - 1 cup cooked white or brown rice
  - ¼ cup thinly sliced or chopped parsley leaves
  - 2 scallions, thinly sliced
  - Juice of 1 lemon
  - 2 tablespoons vegetable or olive oil
- Optional:
- ½ cup small cubes of reduced fat Cheddar cheese
  - ¼ cup toasted coarsely chopped walnuts

### *Directions*

- Combine everything and mix together
- Season to taste
- Add optional cheese or nuts if desired
- Serves 4.