

Carrot and Apple Salad

Serves 6

Ingredients:

2 tbsp toasted sesame seeds
2 cups shredded carrots
1 apple (any type) thinly sliced
¼ cup lemon juice
½ cup fresh parsley
2 tbsp apple cider vinegar
1 tbsp white sugar
1 clove minced garlic
1 tsp salt
½ tsp black pepper
2 tbsp safflower or olive oil



Directions:

1. Prepare the salad ingredients: peel and shred the carrots, slice the apple into thin pieces, and finely chop the parsley.
2. Toss the carrots, apples, parsley and sesame seeds in a large bowl.
3. Mix the dressing: whisk together the lemon juice, apple cider vinegar, white sugar, minced garlic, salt, and ground black pepper in a separate mixing bowl. Slowly drizzle the safflower oil into the lemon juice mixture. Whisk until the dressing is well emulsified.
4. Combine and serve: pour the dressing over the carrot and apple mixture, toss the salad gently to ensure all ingredients are evenly coated with the dressing.
5. Serve immediately or chill in the refrigerator for about 30 minutes if a cooler salad is preferred.