

Salad

Radish Salad

Dash Magazine - May 2012

3 carrots, grated
6 radishes, grated
1/3 cup golden raisins
2 scallions, chopped
1/3 cup sour cream
1/2 teaspoon lime zest
1 tablespoon lime juice
4 teaspoons honey

In a bowl, mix together the carrots, radishes, raisins and scallions.

In a separate bowl, combine the sour cream, lime zest, lime juice and honey.

Pour the dressing mixture over the vegetable mixture.

Toss to coat.

Per Serving (excluding unknown items): 526 Calories; 17g Fat (26.6% calories from fat); 7g Protein; 96g Carbohydrate; 10g Dietary Fiber; 34mg Cholesterol; 135mg Sodium. Exchanges: 5 Vegetable; 3 Fruit; 0 Non-Fat Milk; 3 Fat; 1 1/2 Other Carbohydrates.