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603-321-5011

lizb@thecreativefeast.com

Apple Carrot Salad

By Liz Barbour

Serves 8

4 medium apples, diced small
2 medium carrots, shredded or diced
2 Tbs red onion or scallion, minced
2 Tbs fresh flat leafed parsley, chopped
¼ cup walnuts (roughly chopped) or sunflower seeds
1 Tbs honey
2 Tbs cider vinegar
¼ cup canola or olive oil
Kosher salt
Ground pepper

1. Combine the apple, carrots, onion, and parsley in a mixing bowl.
2. Combine the honey, vinegar and oil in a measuring cup and whisk to combine.
3. Dress the salad with the dressing and season with salt and pepper to taste.