Crispy Pea and Carrot Salad

Ingredients:

2 tablespoons rice wine vinegar
1 teaspoon honey
1 tablespoon toasted sesame oil
8 ounces snow peas, sliced
3 medium carrots, peeled and julienned, or 2 1/2 cups shredded carrots

Directions:

1. In a large bowl, whisk the vinegar and honey until combined, then add the sesame oil.
2. Add snow peas and carrots and toss to coat.
3. Serve and enjoy!

Nutrition Facts

Serving Size 1/2 cup (85g)
Servings Per Container 6

Amount Per Serving	
Calories 50	Calories from Fat 20
	% Daily Value*
Total Fat 2.5g	**4%**
Saturated Fat 0g	**0%**
Trans Fat 0g	
Cholesterol 0mg	**0%**
Sodium 30mg	**1%**
Total Carbohydrate 7g	**2%**
Dietary Fiber 2g	**8%**
Sugars 5g	
Protein 1g	

Vitamin A 60% • Vitamin C 20%
Calcium 2% • Iron 6%

*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:
Fat 9 • Carbohydrate 4 • Protein 4

For more information, please contact:
Benteh Nuutah
Valley Native Primary Care Center
Wellness Center
(907) 631-7630
southcentralfoundation.com

Source: http://www.foodnetwork.com