

Herbal Legacy Recipes

Carrot, Dried Cranberry & Pine Nut Salad

Adapted from <http://www.atoka.qc.ca/>

Ingredients:

- 2 carrots, peeled and cut in julienne
- 6 oz dried cranberries
- 2 oz pine nuts
- Juice of 1 lemon
- ½ cup olive oil
- Salt and pepper
- 250 g lettuce of choice

Bring a pot of water to a boil. Add salt and carrots and cook until tender (cooking carrots is optional). Drain.

While the carrots are still warm, toss in the lemon juice and olive oil and season with salt and pepper.

Add dried cranberries and lettuce of choice.