13. Carrot Salad

If you love salads but are tired of making the same old leafy greens with vinaigrette dressing this recipe is for you! It is time to try something new. Break away from a purely green salad, and try adding some excitement to your normal eating routine. This is a very quick recipe that anyone can make.

Serves 2 people

Ingredients: For the salad:

- **4 Cups of Carrots (grated or sliced)**
- **1/2 Cup Cilantro**
- **1/2 Cup parsley**
- **1 Avocado**
- **1 Green Onion**
- **1/2 Cup Sesame Seeds**

Directions: For the salad:

1. **Chop your Cilantro, Parsley, and Carrots. You can also use a grater for your Carrots.**
2. **Mix all three into a medium size bowl.**

Ingredients: For the dressing:

- **2 TB Flax seed Oil**
- **2 Limes, juice**
- **1 1/2 TB Soy Sauce**
- **1 TB Ginger**
- **1 TB Coriander**

Directions: For the Dressing:

1. **Place all the dressing ingredients into a food processor.**
2. **Mix until everything is well blended.**
3. **Pour dressing on top of the salad & gently mix in.**
4. **Garnish with the 1/2 Cup Sesame Seeds, & serve.**

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Carrot Salad

A combination of grated carrot, grated fresh ginger, lemon juice, chopped mint,
Optional additions for variation: chopped orange, and grated cheese
Change quantities to adjust and vary flavour.

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