

**Side Dish**

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## **Carrot Slaw**

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**1 pound shredded carrots**

**1/2 cup jumbo raisins**

**1/4 cup reduced-fat Mayonnaise or salad dressing**

**1/4 cup reduced-fat sour cream**

**3 tablespoons fat-free milk**

**1/8 teaspoon salt**

In a large bowl, combine the carrots, raisins, salad dressing, sour cream, milk and salt. Mix well.

Cover and refrigerate for at least 1 hour.

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Per Serving (excluding unknown items): 174 Calories; 1g Fat (3.5% calories from fat); 4g Protein; 41g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 397mg Sodium. Exchanges: 8 Vegetable.