**Carrot Slaw with Cranberries and Clementine Vinaigrette**

**INGREDIENTS**
- 1 pound grated carrots
- 3 T. Extra Virgin olive oil
- 2 tsp clementine zest
- 4 T. freshly squeezed clementine juice
- 1 tsp apple cider vinegar
- Dash vanilla extract, 1/4 tsp salt, 1/4 tsp black pepper
- 1/2 cup dried cranberries
- 3 scallions thinly sliced, 3 T. chopped parsley

**INSTRUCTIONS**

Combine olive oil, clementine zest, clementine juice, cider vinegar, vanilla extract, salt, and pepper in a bowl or dressing carafe. Set aside.

Mix grated carrots, cranberries, scallions, and chopped parsley together in a bowl. Toss with preferred amount of dressing. Serve immediately or store in refrigerator up to 3 days before serving.

Optional—add toasted walnuts and/or substitute 1/2 pound carrots for grated cabbage

**SERVING SIZE:** 1/2 cup

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Clementines are a great source of potassium, Vitamin C, fiber and folic acid. Potassium helps to improve blood flow and blood pressure. Vitamin C is helpful with immune function and production of collagen, a substance important for healthy skin and hair. Fiber is beneficial for helping with good digestion and bowel regularity, and fiber also helps with cholesterol management. Folic acid is a vitamin that is beneficial to neurological health and can act as an antioxidant.

Carrots contain beta carotene, a substance critical for good eye health, and it acts as an antioxidant. They also contain fiber, beneficial for cholesterol and digestion management. Cranberries' dark natural color is thought to help them provide anti-inflammatory and anti-cancer properties when consumed in moderation. They may also help with urinary tract health.