



Shredded Apple Carrot Salad

Jacob · 29/09/2024



Prep Time

20 mins

Difficult

Medium

Servings

6

Description

This shredded carrot and apple salad is a delightful addition to your summer lunch

Ingredients

- - 2 tablespoons sesame seeds - 2 cups shredded carrots - 1 Granny Smith apple
- cored and shredded - ½ cup chopped fresh parsley - ¼ cup lemon juice - 2 tablespoons apple cider vinegar
- 1 tablespoon white sugar - 1 clove garlic
- minced - 1 teaspoon salt - ½ teaspoon ground black pepper - 2 tablespoons safflower oil

Instructions

1. Heat a skillet over medium heat; pour sesame seeds into the hot skillet. Cook
2. stirring often
3. until sesame seeds are lightly browned and fragrant
4. 3 to 5 minutes. Remove from heat. Mix carrots
5. apple
6. toasted sesame seeds
7. and parsley together in a bowl. Whisk lemon juice
8. vinegar
9. sugar
10. garlic
11. salt
12. and pepper together in a separate bowl; slowly drizzle safflower oil into lemon juice mixture while continuing to whisk. Pour dressing over carrot mixture; toss to coat. Recipe Tip Substitute honey or maple syrup for the sugar if desired.