

# Featured Vegetable

## carrots

An excellent source of vitamin A, which is good for healthy eyes and skin. Carrots are also full of beta-carotene, fiber, and Vitamin K!

### Carrot Apple Slaw

Ingredients	Directions
<ul style="list-style-type: none"><li>● Carrots - 4</li><li>● Apples - 3 medium</li><li>● Orange - 1</li><li>● Mint - 1 small bunch</li><li>● Olive Oil - 1 Tbsp</li><li>● Salt and Pepper to taste</li></ul> <p>Optional: Try using different citrus for the dressing, or different herbs! Add some more crunch by adding nuts!</p>	<ul style="list-style-type: none"><li>● Wash hands, wash everything!</li><li>● Cut apples in half and slice into thin half-moons, leaving skin on.</li><li>● Grate carrots coarsely.</li><li>● Slice orange and juice into small bowl, separating seeds through small sieve.</li><li>● Use scissors to cut mint into small pieces.</li><li>● Mix apples, carrots, mint, orange juice, olive oil, salt and pepper in large bowl.</li><li>● Enjoy !</li></ul>

