

*Spinach &  
Carrot Slaw*

*Jacksonville, FL*

# Spinach & Carrot Slaw

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*Prep Time: 10 Min   Total Time: 20 Min   Serves: 6*

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## *Ingredients*

- 2 tablespoons oil
- 4 garlic cloves, chopped
- 3 tablespoons honey
- 3 tablespoons cilantro, chopped
- 1 tablespoon lime juice
- 1 tablespoon water
- 1 red bell pepper
- 4 cups baby carrots
- 3 cups spinach

## *Preparation*

- 1 Heat 1 tablespoon of oil in pan. Add garlic to pan and sauté. Put garlic and oil into small heat-proof bowl.
- 2 Add honey, cilantro, lime juice, water and remaining oil to bowl and whisk until well combined. Cover with plastic wrap and refrigerate.
- 3 Dice the red bell pepper, cut carrots into quarters and chiffonade spinach. Place all vegetables in a bowl. Cover with plastic wrap and refrigerate until needed.
- 4 When ready to serve, toss vegetables with honey cilantro dressing.
- 5 Serve and enjoy!