Spinach & Carrot Slaw

Jacksonville, FL
**Spinach & Carrot Slaw**

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

**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 a 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!