

# Carrot & Apple Salad with Yogurt, Mint and Honey Dressing

SERVES 4



## INGREDIENTS

- 1/3 plain yogurt or 1/4 cup plain Greek-style yogurt
- 2 tablespoons mayonnaise
- 1 tablespoon fresh lemon or lime juice
- 1 tablespoon cider vinegar
- 1 teaspoon honey
- 1 pound carrots, peeled and trimmed
- 1 Granny Smith apple, cored
- 2 tablespoons chopped fresh mint
- kosher salt to taste

## FIRST

If using regular yogurt, place the yogurt in a strainer lined with a paper towel. Set the strainer over a bowl and let the yogurt drain and thicken for 30 minutes.

## NEXT

In a large bowl, whisk together the drained or Greek-style yogurt, mayonnaise, lemon or lime juice, vinegar, honey and mint.

## LAST

In a food processor, first grate the carrots and then the apple. Add grated carrot and apple to the dressing and stir to combine. Season to taste with salt.

Salad will keep in the refrigerator in an airtight container for up to 3 days.