



Holiday Recipes From The AICR Test Kitchen



Ginger-Carrot Salad with Cranberries

Ingredients:

- 1 Tbsp. freshly squeezed lemon juice
- 1/2 tsp. honey
- 1 tsp. freshly grated or finely minced ginger
- 1/8 tsp. cinnamon
- Pinch of salt
- 2 cups grated or julienned carrots
(can use part cabbage)
- 1/4 cup dried cranberries
- 2 Tbsp. sliced almonds or peanuts



Instructions:

In medium bowl, whisk together lemon juice, honey, ginger, cinnamon and salt. Toss with carrots, cabbage and cranberries. Garnish with sliced almonds or peanuts and serve.

Nutritional Information:

Makes 4 servings. Per serving: 73 calories, 2 g total fat (>1 g saturated fat), 15 g carbohydrates, 1 g protein, 2 g dietary fiber, 58 mg sodium.

Did you know?

- The beta-carotene in carrots and other vegetables and fruits probably decreases risk of esophageal cancer and may boost bone health by increasing bone density.
- Scientists at Cornell University recently isolated compounds in cranberries with extremely potent “antiproliferative” effects on human liver and breast cancer cells. This means they are able to block the growth of the cancer cells by encouraging cell death and slowing tumor growth, allowing the body to deal with the damage.
- Red, white, yellow, and even purple carrots may be coming to a store near you. Different colored carrots contain unique health-promoting phytochemicals; for example, orange carrots have high amounts of beta-carotene, purple carrots contain a lot of anthocyanins.

