

Sweet Carrot and Watercress Salad with Orange-Mustard Dressing

Sue Brairton

Ingredients

2 to 3 cups watercress

3 celery stalks, sliced

1/2 cup raisins

6 cups peeled and shredded carrots

1/2 cup finely chopped "sweet" onion
toasted almonds

Dressing

1/2 cup fresh squeezed orange juice

1 tablespoon Dijon or whole green mustard

1 tablespoon fresh lemon juice

1 teaspoon maple syrup

1 tablespoon olive oil

1 teaspoon salt



Directions

Combine watercress, celery, raisins, carrots, and onion.

Mix ingredients for dressing.

Pour dressing over vegetables and raisins and mix.

Garnish with toasted almonds.