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SWEET CARROT SALAD	Intermediate Lifestyle
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Ingredients

- 5 cups (1/2" thick) carrot slices
- 2 garlic cloves, halved
- 2/3 cup fresh lemon juice
- 1/4 cup chopped fresh parsley
- 2 TBS Splenda
- 1 TSP ground cinnamon
- 1/2 TSP ground cumin
- 1/2 TSP paprika

Instructions

1. Combine carrot and garlic in a large saucepan. Cover with water; bring to a boil. Cook 8 minutes or until tender. Drain. Discard garlic.
2. Combine lemon juice and remaining ingredients in a medium bowl, and stir well. Add carrot to lemon juice mixture, tossing to coat.
3. Serve salad at room temperature or chilled.

Portion-Per-Serving Information (Yields 8 servings):

Serving = 1/2 cup = 1/2 V