**Carrot-Raisin Salad**

2 cups shredded carrots  
1/2 cup seedless raisins  
1/2 cup plain or vanilla low-fat yogurt  
2 teaspoons lemon juice  
1/8 teaspoon salt, if desired

Shred *clean* carrots. Combine with raisins. Mix yogurt, lemon juice, and salt. Pour over salad and mix well.

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**Oven French Fries**

4 medium potatoes  
1 Tablespoon oil

Preheat oven to 475. Peel potatoes (if desired) and cut into long strips about 1/2 inch thick. Dry strips with a paper towel. In a bowl, toss potato strips with oil as if making a salad. Spread them in a single layer on a cookie sheet and place in preheated oven. Bake for 35 minutes. Turn fries once or twice to brown on all sides.
Nutrition Facts

Servings Per Recipe  6
Amount Per Serving (using salt)
Calories  67  2% of total calories from fat
Total Fat .1g  Sodium 69mg
*Vitamin A 103%  *Vitamin C 8%
*Calcium 5%  *Iron 2%

*Percentage Daily Values