oriental carrot salad

2 cups shredded carrots
¼ cup finely chopped green or red pepper
¼ cup raisins or currants
¼ cup cashews or sunflower seeds

**step 1** Combine carrots, peppers, raisins or currants and sunflower seeds in a bowl.

**step 2** Add the oriental salad dressing or your favorite salad dressing. Stir to blend.

**step 3** Refrigerate for a few hours to blend flavors.

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veggie patties

1 cup shredded carrots
1 cup shredded zucchini
1 cup shredded potatoes
1/2 cup thinly sliced onion
2 tablespoons chopped parsley
2 eggs
1 cup bread crumbs
1 teaspoon salt
1/4 teaspoon black pepper

**step 1** Combine all the ingredients together in a bowl.

**step 2** Form vegetable mixture into small flat patties.

**step 3** Heat 1 tablespoon oil in a skillet. Cook patties on both sides over medium heat, for about 8 minutes.

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**oriental salad dressing:**
Combine all ingredients in a jar.
Cover and shake to blend.

¼ cup orange juice
1 tablespoon vegetable or olive oil
1/4 teaspoon ground ginger
1/2 teaspoon garlic powder
1 teaspoon honey or sugar

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Add shredded carrots to meatballs, meatloaf, spaghetti sauce, soups and casseroles. Top tacos and sandwiches with shredded lettuce and grated carrots.