



Elliott Evans Nutrition, LLC
Prevent and Protect
Jan Elliott Evans, PhD, RD, CNSD
Registered Dietitian
drevans@ub-well.com
www.ub-well.com
(804) 339-3200

SHAVED CARROTS, WATERCRESS, AND CASHEWS WITH ORANGE VINAIGRETTE

(WholeLiving.com)

Serves 4

- 2 tablespoons fresh orange juice
- 1 ½ teaspoons Dijon mustard
- 1 teaspoon honey
- 1 tablespoon extra-virgin olive oil
- 2 small carrots, peeled into ribbons
- Coarse salt and freshly ground black pepper
- 1 bunch watercress, thick stems removed
- 1 scallion, thinly sliced on bias
- 2 clementines, peel and pith removed, fruit cut into segments
- 1/3 cup salted cashews, halved

- Whisk orange juice, mustard, and honey in a small bowl. Whisk in olive oil until emulsified.
- Season with salt and pepper
- Combine carrots, watercress, scallion, clementines, and cashews in a medium bowl.
- Toss with vinaigrette and adjust seasoning to taste