

Mapled Carrot Medley



- 4 carrots (approximately 3 cups)
- 2 cups shredded cabbage
- 2 celery stalks
- 1 red apple
- 1 tbsp Nucoa
- 1/4 cup raisins
- 1 tbsp maple syrup

Peel and grate carrots. Combine shredded cabbage with carrots. Chop celery. Mix in with carrots and cabbage. Core and cut up apple. Set aside. Melt margarine in a skillet. Stir in carrots, cabbage, and celery. Cook for about 5 minutes. Mix in apple, raisins and maple syrup. Heat for one minute and serve.

Per recipe: 177 mg phe, 6.2 g protein
Per serving (1/2 cup): 15 mg phe, 0.5 g protein

Adapted from March 1996 issue of Parents magazine