



Angela Wright, BSc, CNP, RNCP
Holistic Nutritional Consultant
ph (250) 451-9208 cell (519) 270-2794
ange@alignnutrition.com
www.alignnutrition.com

Carrot Salad with Flax Oil Dressing

Salad

12	medium carrots, peeled and grated
1 cup	fresh or canned pineapple, drained and chopped
½ cup	raisins
½ cup	pecans, chopped
1 tbsp	parsley (optional), finely chopped
¾ cup	flax oil dressing

Flax Oil Dressing

1 tsp	Dijon-style mustard, smooth or grainy
2 tbsp+1 tsp	red wine or balsamic vinegar
½ cup	extra virgin olive oil
1 tbsp	expeller-expressed flax oil

Dressing directions – Add mustard and vinegar in a small bowl and mix together. Add olive oil in a thin stream, stirring all the while with the fork, until oil is well emulsified. Add flax oil and use immediately.

Salad directions – Mix all ingredients together and chill before serving.

Adapted from Sally Fallon, *Nourishing Traditions*, 2001.

Nutritional Value of Select Ingredients

Carrots – Carrots are one of the best sources of beta carotene, which balances the immune system and reduces the risk of many cancers. They also guard against cardiovascular disease, reduce inflammation, slow the aging process, and are great for digestion disorders. Contain fibre, calcium, iron, and many other vitamins and minerals.

Pineapple – Pineapple is an excellent source of vitamin C and manganese. It is also rich in the enzyme bromelain, which aids in digestion, is an anti-inflammatory, and an anti-cancer agent. It can greatly reduce the swelling of carpal tunnel syndrome, arthritis, and gout.

Pecans – Very high in natural fats, these tasty nuts have been shown to help lower LDL cholesterol. They are also high in potassium, vitamin A, and fibre.

Raisins - These powerhouses of energy contain iron, potassium, calcium, magnesium, phosphorus, and B vitamins, plus fructose that gives us energy via natural fruit sugars.

Parsley – This herb is useful as a diuretic, useful for detoxification and ingestion, and helps the lungs and spleen. Great for the kidneys, it contains minerals, vitamins, and fibre.

Olive Oil – Cold pressed extra virgin olive oil is a great monounsaturated fatty acid, especially for cooking. It has a good variety of vitamins and minerals, and can help lower LDL cholesterol, control blood pressure, and aid in diabetes.

Flax oil – Flaxseed oil is one of the richest sources of omega 3 fatty acids, the type of fats that are deficient most people's diets. It can aid in reducing cholesterol and slow the progression of rheumatoid arthritis and atherosclerosis.