

# SPICED CARROT SALAD

Here's a salad alternative that gives a boost of beta-carotene and healthy spices to kick up the flavor.

## INGREDIENTS

- ¼ cup golden raisins
- 2 ½ tablespoons fresh lemon juice
- 1lb of rainbow carrots (with tops for garnish, or else use parsley)
- 2 tablespoons olive oil
- 1 garlic clove, chopped
- ¼ teaspoon cumin seeds
- ¼ teaspoon crushed red pepper
- ¼ teaspoon sea salt
- Freshly ground black pepper

## DIRECTIONS

### STEP 1

Place raisins and lemon juice in a small bowl, and let stand until raisins plump slightly, about 5 minutes.

### STEP 2

Remove tops from carrots, and chop to equal ¼ cup; set aside. Shred carrots in a food processor, using the shredding disk, and place in a large bowl. (Alternatively use pre-shredded carrots and chopped parsley)

### STEP 3

Heat oil in a small skillet over medium. Add garlic, and cook, stirring constantly, until fragrant, about 30 seconds. Stir in cumin seeds and crushed red pepper; cook, stirring constantly, until fragrant, about 30 seconds.

### STEP 4

Add garlic mixture to shredded carrots; stir in raisins and lemon juice. Sprinkle with salt and several grinds black pepper. Add carrot tops, and toss to combine.

## NUTRITION FACTS

Serving Size:

1 cutlet & generous 1/4 cup mushroom & sauce  
Per Serving: 325 calories, total carbohydrate 4g,  
dietary fiber 1g, total sugars 3g, protein 29g, total fat  
20g, saturated fat 8g, cholesterol 99mg



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