



Roasted and Raw Carrot Salad with Avocado and Toasted Cumin Vinaigrette



Vegetarian



Vegan



Gluten Free



Dairy Free



Very Healthy

READY IN



45 min.

SERVINGS



4

CALORIES



343 kcal

SIDE DISH

ANTIPASTI

STARTER

SNACK

Ingredients

- ☐ 1 avocado ripe
- ☐ 2 bunches baby carrots assorted trimmed (10 ounces total)
- ☐ 1 teaspoon cumin seeds
- ☐ 2 cups the salad
- ☐ 2 tablespoons juice of lemon freshly squeezed
- ☐ 1 teaspoon juice of lime freshly squeezed
- ☐ 0.3 cup olive oil as needed plus more

- ☐ 0.3 cup pinenuts
- ☐ 4 servings pepper black freshly ground

Equipment

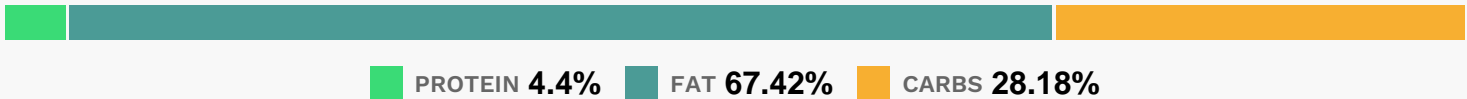
- ☐ bowl
- ☐ frying pan
- ☐ baking sheet
- ☐ paper towels
- ☐ oven
- ☐ whisk
- ☐ stove
- ☐ mortar and pestle
- ☐ peeler

Directions

- ☐ Preheat the oven to 375°F.
- ☐ Have an ice bath (a bowl of ice water) ready. Using a vegetable peeler, peel ribbons of carrots from half of the carrots.
- ☐ Place in the ice water to chill (the ribbons will curl after a while in the water).
- ☐ Place the remaining whole carrots on a baking sheet; drizzle with some olive oil and season with salt and pepper. Roast until the edges start to caramelize, 15 to 20 minutes.
- ☐ Remove from the oven and set aside at room temperature. Lower the oven temperature to 350°F.
- ☐ Toast the pine nuts in the oven for about 10 minutes or in a small pan on the stove top over medium-low heat, shaking constantly, until brown and fragrant; pour into a bowl to cool and set aside. Toast the cumin seeds in a small sauté pan over medium heat, tossing or stirring constantly until fragrant, and then pour quickly into a mortar and pestle or spice grinder and grind into a powder. Alternatively, use ground cumin.
- ☐ For the dressing, in a medium bowl, whisk the cumin with the lemon and lime juices, salt, and pepper; slowly whisk in the 1/4 cup olive oil.

- ☐ Remove the carrot ribbons from the ice water and pat dry with paper towels. Peel, pit, and slice the avocado.
- ☐ Divide the avocado slices and roasted carrots among 4 salad plates. In a bowl, toss the carrot ribbons and greens in the dressing, and divide among the plates.
- ☐ Sprinkle a few pine nuts on each salad and serve.
- ☐ Reprinted with permission from Cooking off the Clock: Recipes from My Downtime by Elizabeth Falkner, copyright © 201
- ☐ Published by Ten Speed Press, a division of Random House, Inc.Elizabeth Falkner is the founding chef and owner of Citizen Cake and Orson in San Francisco and is currently opening a new restaurant in Brooklyn, NY. She was a finalist and runner-up on The Next Iron Chef in 2011, competed on Top Chef Masters and has judged Top Chef Masters and Top Chef. Elizabeth was Bon Appétit's pastry chef of the year in 200
- ☐ Her first book, Demolition Desserts, was published in 2007.

Nutrition Facts



Properties

Glycemic Index:19.25, Glycemic Load:0.39, Inflammation Score:-10, Nutrition Score:22.098260983177%

Flavonoids

Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg, Cyanidin: 0.17mg Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg, Epicatechin: 0.19mg Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg, Epigallocatechin 3-gallate: 0.08mg Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg, Eriodictyol: 0.39mg Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg, Hesperetin: 1.2mg Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg, Naringenin: 0.11mg Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg, Apigenin: 0.01mg Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg, Luteolin: 0.02mg Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg, Quercetin: 0.03mg

Nutrients (% of daily need)

Calories: 342.56kcal (17.13%), Fat: 27.1g (41.69%), Saturated Fat: 3.41g (21.33%), Carbohydrates: 25.48g (8.49%), Net Carbohydrates: 15.17g (5.52%), Sugar: 11.57g (12.85%), Cholesterol: 0mg (0%), Sodium: 185.62mg (8.07%), Alcohol: 0g (100%), Alcohol %: 0% (100%), Protein: 3.98g (7.96%), Vitamin A: 31338.48IU (626.77%), Manganese: 1.21mg (60.69%), Vitamin K: 44.58µg (42.45%), Fiber: 10.31g (41.24%), Folate: 113.41µg (28.35%), Vitamin E: 3.8mg (25.35%), Potassium: 881.33mg (25.18%), Vitamin C: 18.9mg (22.91%), Copper: 0.45mg (22.45%), Vitamin B6: 0.4mg (19.79%), Iron: 3.3mg (18.31%), Vitamin B5: 1.66mg (16.63%), Magnesium: 63mg (15.75%), Phosphorus: 148.87mg (14.89%),

Vitamin B3: 2.64mg (13.19%), Vitamin B2: 0.18mg (10.51%), Vitamin B1: 0.14mg (9.55%), Zinc: 1.32mg (8.8%), Calcium: 87.84mg (8.78%), Selenium: 2.4µg (3.44%)