



Carrot, Avocado, and Orange Salad

Recipe By CHEF ABBY J

SERVES: 4

INGREDIENTS:

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| <input type="checkbox"/> 3 med. garlic cloves, <i>smashed and peeled</i> | <input type="checkbox"/> 2 oranges, <i>cut into wedges</i> |
| <input type="checkbox"/> 1 tsp. salt | <input type="checkbox"/> 2 ripe avocados, <i>sliced into wedges</i> |
| <input type="checkbox"/> 1½ tsp. ground cumin | <input type="checkbox"/> 3 tbsp. freshly squeezed lemon juice |
| <input type="checkbox"/> 1½ tsp. ground coriander | <input type="checkbox"/> 2 tbsp. orange juice |
| <input type="checkbox"/> 1 tsp. red pepper flakes | <input type="checkbox"/> ½ cup fresh cilantro sprigs |
| <input type="checkbox"/> 1¼ extra virgin olive oil (plus 2 tbsp.) | <input type="checkbox"/> ¼ cup water |
| <input type="checkbox"/> 20+ young organic carrots, <i>similarly sized and unpeeled with ½ inch of the green tops left on</i> | <input type="checkbox"/> ½ tsp. paprika |

DIRECTIONS:

- ☐ 1. Preheat the oven to 400°F.
- ☐ 2. Chop garlic and put into a mixing bowl. Add the cumin, salt, coriander, red pepper flakes, and ¼ cup of the olive oil and stir well, then add the carrots and toss well so they're coated with the oil and spices.
- ☐ 3. Put the carrots in a large shallow baking dish in one layer. Scrape out the extra garlic, spices, and oil from the bowl and spread evenly on top of the carrots.
- ☐ 4. Pour ¼ cup water into an empty spot in the casserole and tilt the dish so the water will spread evenly across the bottom.
- ☐ 5. Place into the oven and cook for 1 hour or until the carrots are lightly browned and tender. Take out and let cool.
- ☐ 6. Take the avocados from the fridge and halve them lengthwise into wedges.
- ☐ 7. Mix the avocados with lemon juice, orange juice and the remaining 2 tbsp. olive oil.
- ☐ 8. Arrange the carrots on the platter along with the avocado slices and orange wedges.
- ☐ 9. Top with cilantro and smoked paprika and serve right away.

A fresh vibrant salad that awakens the flavors of spring.

Did you make this recipe?

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