



Carrot & Avocado Salad (a la ABC KItchen)

serves 2

- 1 tablespoon olive oil
- 1 tablespoon honey
- 2 tablespoons fresh lemon juice
- 1 teaspoon sea salt
- 1/2 teaspoon ground cumin
- 1/2 teaspoon chile powder
- 1/4 teaspoon cayenne
- 6 medium to large carrots
- 1 tablespoon fresh lemon juice
- 1 teaspoon honey
- 1 generous pinch sea salt
- 1 tablespoon olive oil
- 2 teaspoons olive oil
- 1/4 cup raw pepitas
- 1/4 teaspoon ground cumin
- 1/2 teaspoon rapadura (or sugar)
- 4 large handfuls baby arugula
- 1 perfectly ripe avocado, peeled & sliced into 8 wedges
- 4 tablespoons sour cream, whisked, or Mexican creme

For the carrots: Preheat oven to 350 degrees. Whisk together everything except the carrots until well combined. Slather all over the carrots and then place them in a roasting pan. Pour over all the remaining sauce. Bake, basting every 15 minutes, until

carrots are tender, about an hour. Remove from oven and cool slightly. Slice in half and set aside.

For the citrus dressing: Whisk together honey, lemon juice and salt until well combined; then whisk in olive oil until emulsified. Set aside.

For the spiced pepitas: In a small skillet, heat the olive oil and add the pepitas. Sprinkle over the remaining ingredients and stir to combine. Cook for a few minutes, until the seeds are lightly browned and beginning to pop. Remove from heat and spread on a plate to cool.

To assemble the salad: In a bowl, toss the arugula with the citrus dressing until the leaves are well coated. Divide the dressed greens between two plates. Atop the greens, stack 6 carrot halves and 4 avocado sections. Spoon 2 tablespoons of sour cream in the middle and scatter pepitas over the top.