

SPICE-ROASTED CARROT AND AVOCADO SALAD

(adapted from The Clever Cookbook)

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4 medium carrots, peeled and cut into 1-inch pieces
1 tbsp olive oil, plus more for drizzling
1 heaped tsp Southwest spice blend (I used Penzey's)
1/4 cup slivered almonds
a few yellow grape tomatoes, halved
1 ripe Hass avocado
Juice of ½ lemon
Pinch of salt
arugula leaves

Heat your oven to 425 ° F. Line a rimmed baking sheet with parchment paper. Place the carrots in a large bowl. Add the olive oil and sprinkle with Southwest spice, and a little salt. Toss well to coat. Spread the carrots out on your sheet pan. Roast for about 20 minutes, or until the carrots are caramelized and tender. In the final 5 minutes, add the slivered almonds on top. Remove from the oven, add the tomatoes. Give it a good stir. Allow the mixture to cool slightly while you dice the avocado and drizzle the pieces with lemon juice to prevent browning.

Add the avocados to the carrots, and toss gently to combine. Place the mixture on top of arugula leaves on a serving bowl, drizzle olive oil and some more lemon juice, adjust seasoning with salt. Toss very gently and serve at room temperature.