

CARROT RIBBON SALAD

(inspired by several sources)

for pickled carrot ribbons:

(slightly modified from Chocolate and Zucchini)

2 large carrots

1 tsp grated ginger

120 ml (1/2 cup) apple cider vinegar

1 cup water

1 + 1/2 teaspoons sea salt

1 + 1/2 teaspoons sugar

Peel the carrots and, using the vegetable peeler, cut them into thin ribbons. Place the ribbons in a heatproof bowl.

Combine the ginger, vinegar, salt, sugar, and water in a small saucepan and bring to a boil. When the mixture boils, stir to make sure the sugar and salt are dissolved.

Pour the ginger brine through a sieve and into the bowl of carrots. Make sure the carrots are completely immersed, cover and let cool to room temperature. Transfer to a clean jar, close tightly with the lid and refrigerate for up to 2 weeks.

for carrot dressing:

1/2 cup chopped raw carrots (include leftover from making ribbons)

1/4 cup extra-virgin olive oil

2 tablespoons tahini

2 tablespoons lemon juice

1 teaspoon minced ginger 2 tablespoons (30 mL) fresh orange juice

salt and freshly ground black pepper

In a blender, puree the carrots with the olive oil, tahini, lemon juice, and ginger. Thin with a little cold water if too thick. Season with salt and pepper to taste.

for the salad:

(use as much of each ingredient as you like)

baby romaine leaves

slivered almonds, toasted

a couple of avocados, diced

Add the ingredients to a large bowl, add the carrot dressing and mix well, but gently. Drain the pickled carrot ribbons, and place on top.

Serve with your protein of choice, or a bowl of grains if you prefer to go the vegetarian route.