

ROASTED CARROT AND BARLEY SALAD

(inspired by The New York Times)

1 cup pearly barley
Kosher salt and black pepper
2 pounds carrots, washed, trimmed and cut into long pieces
2 tablespoons extra-virgin olive oil
2 teaspoons honey
zest of 1 lemon
2 cups arugula
A handful of cilantro
¼ cup toasted sliced almonds

for the spiced tahini:

¼ cup tahini
juice of 1/2 lemon
1 teaspoon Ras-el-hanout
water to adjust consistency

Heat oven to 425 degrees and place a rack on the lowest shelf. In a medium saucepan, combine barley with 4 cups water; season with 1/2 teaspoon salt. Bring to a boil over medium-high heat. Reduce heat to low and simmer until tender, about 20 to 25 minutes. Drain excess water if still some remains.

Meanwhile, place the carrots on a sheet pan, drizzle with the olive oil and toss to coat, spreading into an even layer. Season with salt and pepper. Place on the bottom oven rack and roast until tender and starting to turn golden, about 25 minutes.

While the carrots roast, make the dressing: In a medium bowl, whisk together the tahini, lemon juice, Ras-el-hanout, and 1/2 teaspoon salt. Add 3 to 4 tablespoons water, 1 tablespoon at a time, until it is smooth and has a pourable consistency.

When the carrots are ready, remove them from the oven, drizzle with honey and sprinkle with lemon zest. Season with a pinch of salt and toss to coat.

In a serving bowl, combine the carrots with the barley, arugula and parsley. Drizzle with the spiced tahini and sprinkle with almonds. Try not to over-eat...