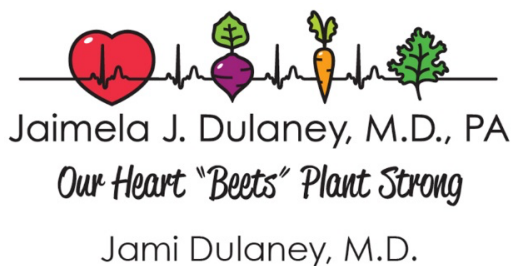


2495 Caring Way, Suite C
Port Charlotte, Florida 33952
doctordulaney.com



Office: 941-235-9231
Fax: 941-235-9236
info@doctordulaney.com

Carrot and Avocado Salad

Ingredients:

- 1 pound medium carrots
- 3 garlic cloves, peeled
- 1 tsp cumin seeds
- 1 tsp fresh thyme leaves
- ¼ tsp red chile flakes
- Black pepper to taste
- 2 Tbsp red wine vinegar
- 1 ½ oranges
- 2 lemons, cut in half
- 1 Tbsp sunflower seeds
- 1 Tbsp pumpkin seeds
- 1 Tbsp white sesame seeds
- 1 avocado, cut into thin wedges
- 4 cup sprouts, preferable a mix of radish and beet

Directions:

1. Preheat oven to 350°F
2. Bring a wide pot of water to a boil. Add the carrots and cook until a knife pierces them easily, about 20 minutes.
3. In a food processor (or using a mortar and pestle) blend/pound the garlic, cumin, thyme, chile flakes, ¾ tsp pepper until crushed and pasty. Add the vinegar and continue to blend/pound until well mixed/pasty.
4. Drain the carrots and arrange them in a medium roasting pan in a single layer. Spoon the cumin mixture over them. Cut the whole orange in half. Arrange the orange halves and 2 of the lemon halves over the carrots, cut-side down. Roast for 25 minutes, or until the carrots are golden brown. Transfer the carrots to a platter.
5. While the carrots are in the oven, spread the sunflower, pumpkin and sesame seeds on a baking sheet in a single layer. Toast, stirring occasionally, until golden but not golden brown, about 7 minutes. Remove from the oven and cool completely.
6. When cool enough to handle, squeeze 2 Tbsp of juice from each the roasted orange and lemon into a small bowl. Squeeze in 2 Tbsp orange juice from the remaining orange half and 2 tbsp lemon juice from the remaining lemon. Whisk & season with black pepper, and drizzle over the carrots.
7. Arrange the carrots on a serving platter, reserving the accompanying sauce. Top with the avocado and sprouts. Drizzle with the reserved sauce and sprinkle with the seeds. Serve immediately.

Serves 4