



MOROCCAN ROASTED CARROT SALAD WITH CHARD AND PARSLEY

Intermediate Lifestyle

Ingredients

3 pounds carrots, peeled and cut into 3-inch chunks
1 TSP cumin
1/2 teaspoon paprika
Salt (Morton's Lite)
1/2 cup olive oil (divided)
2 bunches Swiss chard, stems removed, leaves roughly chopped
1 bunch Italian (flat-leaf) parsley, washed and roughly chopped
Zest and juice of 1 lemon
1 clove garlic, pressed or finely minced
1 TSP honey
Freshly ground black pepper

Instructions

1. Preheat the oven to 400°. Arrange the carrots on a rimmed baking sheet and sprinkle with cumin, paprika, a pinch of salt and 1/4 cup of the olive oil (add more if necessary to coat the carrots well). Toss to coat. Roast, stirring occasionally, until carrots are soft and caramelizing on the edges (about 30 minutes). Remove from oven and place carrots on a serving dish.
2. While carrots are roasting, bring a large pot of water to a boil and salt generously. Place a large bowl of ice water in the sink. Add the chard to the boiling water and cook until tender but still bright green, about 3 to 5 minutes. Use a slotted spoon to transfer the chard to the ice water to stop the cooking (this step is optional, but locks in the bright green color).
3. Drain the chard and pile it on top of the carrots. Top with the parsley. In a small bowl, whisk together the remaining 1/4 cup olive oil, lemon zest and juice, garlic and honey. Season dressing to taste with salt and pepper. Pour over the salad, toss to coat, and let sit at room temperature for a few hours to allow flavors to integrate before serving.

Portion-Per-Serving Information (Yields 5 servings): 1/2 cup = 1 V