

Roasted Carrot Salad

Kathy Thomsen, MG

2 lbs. carrots, peeled and thinly sliced on the diagonal

½ cup slivered almonds

2 cloves garlic, minced

¼ cup extra virgin olive oil

Salt & pepper to taste

1 tsp. honey

1 Tbs. cider vinegar

1/3 cup dried cranberries

1 4 oz. package crumbled Danish blue cheese

2 cups arugula

1. Preheat oven to 400 degrees F
2. Combine the carrots, almonds and garlic in a mixing bowl. Drizzle with olive oil, then season with salt & pepper. Spread out onto an ungreased baking sheet.
3. Bake the carrots in the preheated oven until soft and the edges turn brown, about 30 minutes. Remove and allow to cool to room temperature.
4. Once cool, return the carrots to the mixing bowl, and drizzle with honey and vinegar; toss until coated. Add the cranberries and blue cheese; toss again until evenly mixed. Combine with the arugula and serve immediately.