

Carrot Salad with Harissa, Feta and Mint

Adapted from smitten kitchen



Servings: 4

NOTE: using a food processor to grate the carrots will save a lot of time.

1. In a small sauté pan, cook the garlic, caraway, cumin, paprika, harissa and sugar in the oil until fragrant, about one to two minutes.
2. Remove from heat and add the lemon juice and a pinch of salt. Taste for balance of oil - acid - it may need a bit more olive oil.
3. Pour over the carrots and mix. Add the herbs and mix again. Allow salad to chill for an hour then add the feta (or cotija) before serving.

3/4 pound carrots, peeled, trimmed and coarsely grated

1/4 cup olive oil

1 clove garlic, crushed

1/4 teaspoon ground caraway seed

1/2 teaspoon ground cumin

1/2 teaspoon paprika, or try smoked paprika if preferred

3/4 teaspoon harissa

1/2 teaspoon sugar

3 tablespoons lemon juice, scant

2 tablespoons Italian parsley, finely chopped

3 tablespoons fresh mint, finely chopped

1/3 cup feta cheese, crumbled or chopped into bits, or cotija (Mexican) cheese

Per Serving (excluding unknown items): 216

Calories; 18g Fat (72.8% calories from fat);

4g Protein; 11g Carbohydrate; 3g Dietary

Fiber; 18mg Cholesterol; 287mg Sodium; 5g

Total Sugars; trace Vitamin D; 142mg

Calcium; 1mg Iron; 341mg Potassium;

104mg Phosphorus. Exchanges: .

Carolyn T's Blog: tastingspoons.com