

Moroccan Carrot Salad

Adapted slightly from Vegetarian Times



- 3 cups carrots, grated
- 2 tablespoons apple juice
- 2 tablespoons fresh lemon juice
- 1 tablespoon olive oil
- 1/2 cup chopped walnuts
- 1/2 tablespoon coriander seeds (or use 1 teaspoon ground coriander)
- 1/2 tablespoon cumin seeds
- 1/2 cup dried cherries (I used dried cranberries)
- 2 tablespoons chopped cilantro
- 1 pinch cayenne, if desired

Carolyn T's Blog - Tasting Spoons:
<http://tastingspoons.com>

Servings: 4

1. In a medium bowl, toss together carrots, cider, juice and olive oil.
2. In a small skillet, add walnuts, coriander and cumin seeds. Toast the mixture over medium heat until very fragrant and beginning to brown - about 5 minutes.
3. Add the spice/walnut mixture, dried cherries, cilantro and cayenne (if using) to the carrot mixture. Season with salt and pepper to taste - toss together until well combined.

Per Serving (excluding unknown items): 237 Calories; 13g Fat (45.8% calories from fat); 6g Protein; 29g Carbohydrate; 5g Dietary Fiber; 0mg Cholesterol; 38mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 2 Vegetable; 1 Fruit; 2 1/2 Fat.