

# Roasted Carrot, Arugula and Feta Salad

Tarla Fallgatter, cooking instructor, Feb. 2012

Internet Address:



*You'll be surprised at how intensely flavorful this is.*

12 medium carrots, mixed colors, if available

2 teaspoons mixed spice rub

2 tablespoons olive oil

2 cups arugula, baby arugula if possible, or mache lettuce

1/2 cup micro greens, optional

1/3 cup sunflower seeds, toasted

3 ounces Feta cheese, cubed or crumbled

1 whole avocado, peeled, sliced

VINAIGRETTE (makes more than you'll need):

2 tablespoons pear vinegar

1 teaspoon balsamic vinegar

1 pinch red pepper flakes

2 teaspoons honey mustard

4 1/2 tablespoons olive oil

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

## Servings: 6

*The pear vinaigrette will probably dress at least 8 servings, if not more. If you can find multi-colored carrots (purple, yellow, white and orange) this makes a really beautifully presented salad. Otherwise, regular, large orange carrots will be just fine! The salad does not need very much dressing - be careful and don't overdo it. Do choose a Feta that isn't overly salty. Tarla recommended Bulgarian (because it cubes well) but I didn't like it at all - I prefer a milder and crumbled Feta instead.*

1. Preheat oven to 400°.

2. Toss carrots with olive oil and spice mix and place on cookie sheet. Roast until tender, turning occasionally, about 15-20 minutes. Cool. If carrots are large, slice in half lengthwise, or in quarters, or if small, leave whole. Toss carrots with about 2 T. of the vinaigrette.

3. Toss lettuce (or arugula), microgreens and sunflower seeds together. Add a bit of dressing and toss gently, then add Feta cheese (in it, or on top). Divide among plates and place carrots decoratively on top of the salad.

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Per Serving (excluding unknown items): 334 Calories; 27g Fat (70.5% calories from fat); 6g Protein; 20g Carbohydrate; 6g Dietary Fiber; 13mg Cholesterol; 237mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 3 Vegetable; 0 Fruit; 5 Fat; 0 Other Carbohydrates.