

# Moroccan Warm Carrot and Spinach Salad

Phillis Carey, 2012 (adapted from a Food Network recipe)



*Piquant taste - from the sweet/sour combination of lemon juice and honey.*

3 tablespoons olive oil, divided use

5 cups carrots, sliced on the bias, about 8 large carrots

1 1/2 tablespoons honey, plus 1 teaspoon

1/2 cup fresh lemon juice, plus 1 tablespoon

1/2 teaspoon kosher salt

3 cups fresh baby spinach, cleaned (or kale)

1/2 teaspoon ground cumin

1 teaspoon chopped garlic

2 tablespoons orange juice

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

**Servings: 8**

*If the baby spinach is pretty small, it's not necessary to chop the spinach at all.*

1. In a large saute pan heat 1 tablespoon olive oil. Add the carrots, 1 T. honey, 1/2 cup lemon juice, and kosher salt. Cook carrots until they just start softening. Turn off heat and allow to sit for a few minutes.
2. In another saute pan heat 1 tablespoon olive oil. Add the spinach and cook briefly - just wilted. Remove from the pan and rough chop.
3. In a large bowl add the drained, cooked carrots, spinach, remaining 1 teaspoon honey, cumin, garlic, orange juice, remaining lemon juice, and remaining olive oil. Serve warm or at room temp.

---

Per Serving (excluding unknown items): 100 Calories; 5g Fat (44.2% calories from fat); 1g Protein; 14g Carbohydrate; 3g Dietary Fiber; 0mg Cholesterol; 155mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.