

Roasted Carrot Salad with Truffle Honey

Ingredients:

- 3 lbs of large carrots, organic and local would be the most delicious but any will do
- 2-3 tablespoons of a high heat oil like avocado, canola, vegetable or grapeseed
- 1/4 cup good olive oil total
- 1 teaspoon roughly of garlic powder
- 1 teaspoon of Dijon mustard
- 1 lemon
- 3-4 tablespoons of grated parmesan, pecorino or your favourite sharp cheese
- 1/2 cup of Italian parsley chopped
- 1/2 cup or more of a crunchy apple or pear chopped into small match sticks
- 2-3 cups of arugula
- 1-2 tablespoons of our local truffle honey
- Sea salt to taste

Directions:

Chop the carrots into long match sticks and toss them with the high-heat oil and salt and roast the carrots. Roast the carrots for 35-45 minutes at 400 degrees Fahrenheit until they are nice and caramelized. Make the dressing by juicing the lemon into a bowl and add the garlic powder, dijon, half of the truffle honey amount and salt and mix. Then add the parsley and half of the cheese to the dressing and combine. Let the carrots cool for only about 5 minutes then use combine and toss the salad together in a large bowl. Top with the saved cheese and drizzle with the rest of the honey.

Variations and Augmentations:

- Add 1-1.5 cups of cooked farro or large homemade croutons to make this a heftier salad.
- If you do not like arugula I would recommend using massaged kale or a spring mix with some bitter greens like endive or escarole.
- If truffle honey is not something you enjoy simply substitute it with normal honey, and this will simply be a truffleless salad.