Carrot Recipes

Ginger Carrot Radish Salad

Honey Roasted Dill Carrots

Skillet Carrots with Onions and Thyme

Veggie Fried Rice

**Ginger Carrot Radish Salad**  
From healthyseasonalrecipes.com

Ingredients  
 2 tablespoons unseasoned rice vinegar  
 1 tablespoon reduced-sodium tamari or 2 teaspoons coconut aminos  
 2 teaspoons pure maple syrup, dark or amber  
 1 teaspoon finely grated ginger root, preferably grated with a rasp-style grater  
 ¼ teaspoon granulated garlic  
 ¼ teaspoon salt  
 1 tablespoon extra-virgin olive oil  
 3 cups julienne cut or shredded carrots (about 5 large)  
 1 cup julienne cut watermelon radishes, or any variety radish including Daikon  
 ½ cup flat leaf parsley leaves, cut into tiny ribbons or chiffonade

Instructions  
 Whisk vinegar, maple syrup, tamari (or coconut aminos), ginger, garlic and salt in a large bowl. Whisk in oil. Add carrots, radish and parsley and toss to coat.

**Honey Roasted Dill Carrots**From throughherlookingglass.com

Ingredients  
 Fresh carrots (greens attached if possible), washed  
 Fresh dill, chopped  
 Olive oil  
 Sea salt  
 Honey

Instructions  
 Snip off carrot greens and reserve.  
 Wash and dry carrots. (Don't peel.)  
 Lay on a baking sheet lined with parchment paper.  
 Brush with olive oil on all sides.  
 Sprinkle liberally with sea salt.  
 Drizzle with honey.  
 Roast in the oven for 35-40 minutes at 375 degrees until golden.  
 Drizzle with olive oil.  
 Snip fresh dill and carrot greens and gently toss together with roasted carrots.  
 Serve immediately.

**Skillet Carrots with Onions and Thyme**  
Modified from Orangette.net

Ingredients  
 Olive oil  
 1 yellow onion, halved and sliced from root to stem, like this  
 Salt  
 2 large garlic cloves, thinly sliced  
 2 lb. carrots, sliced into ¼-inch-thick rounds  
 4 to 5 fresh thyme sprigs  
 ½ tsp. red wine vinegar, or to taste

Instructions  
 Warm a large skillet over medium-high heat. When it’s hot, add a good amount of olive oil, enough to film the bottom of the pan. Add the onions – they should sizzle – stir to coat with oil. Salt lightly. Cook, stirring frequently, until the onions are softened but not browned.

Add the garlic, reduce the heat to medium, and cook for a few more minutes, until the garlic is fragrant. Add the carrots, thyme, and a couple of generous pinches of salt, and stir to mix. If the carrots look dry, add a little more oil to lightly coat them; this dish needs more oil than you might think. Cover the pan and continue to cook over medium heat, stirring occasionally, until the carrots are tender and the onions are very soft. (I never seem to pay attention to how long this takes, but I would guess that it takes somewhere between 10 and 20 minutes.)

Remove the pan from the heat, and discard the thyme sprigs. Sprinkle the vinegar over the carrots. Stir gently to incorporate: the vinegar should subtly brighten the flavor of the carrots without being discernable itself. Add more vinegar, if needed, and salt to taste.

**Veggie Fried Rice**  
Recipe modified from Boston Public Market

Ingredients  
 1 large bell pepper, chopped  
 4 carrots, diced  
 1 large onion, chopped  
 1 hot chili, seeded and diced  
 1 knob of ginger, grated  
 2 cloves of garlic, diced  
 4 eggs, beaten  
 Soy sauce  
 Sunflower oil  
 Salt and pepper

Instructions  
 Heat large skillet over medium heat, add oil and sauté onions until tender. Add garlic, grated ginger, chili, bell peppers and carrots, cook for 2 minutes. Once cooked, remove from pan and set aside.  
 Using the same skillet, scramble the eggs. Add veggies back into the skillet along with the cooked rice and eggs. Stir combine thoroughly and remove from heat. Season with soy sauce to taste.