

Idiot's Kitchen Recipe – Maple-Roasted Carrot Salad

Recipe from idiotskitchen.com – Adapted from Ina Garten's *Cooking for Jeffrey*



Ingredients:

- 1 pound carrots – peeled and cut into 2-inch pieces
- 2 Tablespoons olive oil
- 2 Tablespoons pure maple syrup
- 6 ounces baby arugula (or about 2 handfuls per serving – see note in recipe)
- 1 Tablespoon sherry vinegar
- 1 Tablespoon orange juice
- 1 teaspoon orange zest
- ½ clove garlic, grated or finely chopped
- 2 Tablespoons olive oil
- Salt & Pepper
- ¼ cup dried cherries (or dried cranberries)
- ¼ cup walnuts
- 4 oz. goat cheese, crumbled

Preheat the oven to 425 degrees.

Cover a sheet pan with parchment paper. Peel 1 pound of carrots and cut them into 2-inch segments. Split any thicker carrots in half or in quarters so that the carrot pieces are all about the same thickness. Place the carrots on the parchment covered pan and drizzle with 2 Tablespoons olive oil. Lightly season with salt & pepper and toss to combine and coat.

Roast the carrots at 425° for 12-15 minutes. Remove from the oven, drizzle with 2 Tablespoons maple syrup, then toss to combine and coat. Return to the oven for 5-8 minutes more, until tender, and lightly caramelized. Watch carefully so that the maple syrup does not burn. Let the carrots cool while you prepare the salad.

In a small bowl combine 1 Tablespoon sherry vinegar, 1 Tablespoon orange juice, 1 teaspoon orange zest, and ½ clove garlic grated or finely chopped. Whisk in 2 Tablespoons olive oil and season lightly with salt & pepper.

Note: I only dress as much salad as I plan to eat right away. I measure out each portion of the greens on to a serving plate then transfer to a larger bowl. 6 ounces of baby arugula makes 4 small side salads or 2 large dinner salads.

Place the arugula in a mixing bowl, add the dressing, and toss lightly to coat. Portion the salad onto serving plates or a large platter. Top with the carrots, walnuts, dried cherries, and crumbles of goat cheese and serve.