

From Karen's Kitchen @ Field & Forest Acres

My work friend, Cristina, came over to help me make salads for a meeting of the librarians. We reviewed a few recipes found online and created our own versions that were met with great reviews! What made this salad extra special, was using the different coloured carrots: orange, yellow, white, red, purple. I'm calling this one the Cris-Kare Carrot Salad

Cris-Kare Carrot Salad

Water

Carrots ▲

(amount depends on size of salad you want to make)

Pecans, coarsely chopped, toasted

Dried cranberries

Fresh parsley, chopped ▲

Dressing:

¼ cup extra virgin olive oil

¼ cup lemon juice

1 tablespoon honey

½ teaspoon celery seed

Salt and pepper to taste



Peel carrots and place in boiling salted water. Cook until just tender, about 8-10 minutes. Drain, rinse with cold water to cool. Cut up carrots into bite-size pieces, place in bowl.

Whisk together the dressing ingredients. You will want to double or triple the amounts for a larger salad.

Add the cranberries and pecans to the carrots. Drizzle on the dressing. Mix.

Sprinkle chopped parsley on top to serve.

