

# Moroccan Carrot Dip

*Food Network Magazine*

*1 pound carrots, chopped*  
*2 teaspoons ras el hanout (Moroccan seasoning)*  
*1 teaspoon sugar*  
*1 teaspoon Kosher salt*  
*olive oil*  
*1 cup water*  
*2 tablespoons water*  
*1 to 2 tablespoons harissa (Moroccan chile paste)*  
*salt (to taste)*  
*olive oil (for drizzling)*  
*chopped cilantro (for topping)*

In a large skillet over medium heat, saute' the carrots, ras el hanout, sugar and Kosher salt in olive oil until softened, 5 minutes. Add one cup of water. Bring to a simmer. Cover and cook until the carrots are tender, about 15 minutes. Uncover. Simmer 3 minutes.

Transfer the carrot mixture to a food processor. Add two tablespoons of water and one to two tablespoons of harissa. Puree'. Thin with more water, if necessary.

Season with salt. Drizzle with olive oil and top with cilantro.

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Per Serving (excluding unknown items): 190 Calories; 1g Fat (3.2% calories from fat); 4g Protein; 45g Carbohydrate; 12g Dietary Fiber; 0mg Cholesterol; 2029mg Sodium. Exchanges: 8 Vegetable; 1/2 Other Carbohydrates.