

# Spiced Carrot and Cheddar Dip

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Parade Magazine*

## **Servings: 8**

*2 pounds carrots, peeled and cut into  
1/2-inch slices  
3 tablespoons extra-virgin olive oil  
1 tablespoon honey  
2 teaspoons ground cumin  
1 teaspoon allspice  
salt ( to taste)  
pepper (to taste)  
2/3 cup sharp Cheddar cheese,  
shredded  
1/2 cup hot water  
1/4 cup fresh cilantro leaves  
1/4 cup pitted green olives, roughly  
chopped  
2 tablespoons drained capers  
1 clove garlic, minced  
1 one-inch piece fresh ginger, peeled  
and chopped  
6 tablespoons olive oil  
2 tablespoons olive oil  
whole green olives (for garnish)*

Preheat the oven to 400 degrees.

In a bowl, toss the carrots with three tablespoons of olive oil, honey, ground cumin, allspice, salt and pepper.

Spread in an even layer on a rimmed baking sheet.

Roast for 20 minutes or until browned and tender.

Transfer the carrots to a food processor. Add the cheddar cheese, hot water, cilantro, green olives, capers, garlic and ginger. Pulse until the carrots are roughly chopped, scraping down the sides as needed.

With the motor running, drizzle six tablespoons of olive oil through the food chute. Process until smooth.

Scrape into a serving bowl. Drizzle with about two tablespoons of olive oil.

Garnish with whole green olives.

Serve with cut-up vegetables and pita bread.

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Per Serving (excluding unknown items): 263 Calories; 22g Fat (74.4% calories from fat); 4g Protein; 14g Carbohydrate; 3g Dietary Fiber; 10mg Cholesterol; 133mg Sodium. Exchanges: 0 Grain(Starch); 1/2 Lean Meat; 2 Vegetable; 0 Fruit; 4 Fat; 0 Other Carbohydrates.

Appetizers

## Per Serving Nutritional Analysis

Calories (kcal):	263	Vitamin B6 (mg):	.2mg
% Calories from Fat:	74.4%	Vitamin B12 (mcg):	.1mcg
% Calories from Carbohydrates:	20.3%	Thiamin B1 (mg):	.1mg
% Calories from Protein:	5.3%	Riboflavin B2 (mg):	.1mg
Total Fat (g):	22g	Folacin (mcg):	17mcg
Saturated Fat (g):	5g	Niacin (mg):	1mg
Monounsaturated Fat (g):	15g	Caffeine (mg):	0mg
Polyunsaturated Fat (g):	2g	Alcohol (kcal):	0
Cholesterol (mg):	10mg	% Refuse:	n n%
Carbohydrate (g):	14g	<b>Food Exchanges</b>	
Dietary Fiber (g):	3g	Grain (Starch):	0
Protein (g):	4g	Lean Meat:	1/2
Sodium (mg):	133mg	Vegetable:	2
Potassium (mg):	365mg	Fruit:	0
Calcium (mg):	107mg	Non-Fat Milk:	0
Iron (mg):	1mg	Fat:	4
Zinc (mg):	1mg	Other Carbohydrates:	0
Vitamin C (mg):	10mg		
Vitamin A (i.u.):	28571IU		
Vitamin A (r.e.):	2876RE		

## Nutrition Facts

Servings per Recipe: 8

### Amount Per Serving

Calories 263                      Calories from Fat: 196

### % Daily Values\*

<b>Total Fat</b> 22g	35%
Saturated Fat 5g	23%
<b>Cholesterol</b> 10mg	3%
<b>Sodium</b> 133mg	6%
<b>Total Carbohydrates</b> 14g	5%
Dietary Fiber 3g	13%
<b>Protein</b> 4g	
<b>Vitamin A</b>	571%
<b>Vitamin C</b>	17%
<b>Calcium</b>	11%
<b>Iron</b>	6%

\* Percent Daily Values are based on a 2000 calorie diet.