

Moroccan Carrots

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Servings: 4

3 large carrots, thinly sliced
1/2 teaspoon ground cumin
1/2 teaspoon sweet paprika
pinch cinnamon
pinch cayenne
2 tablespoons olive oil
1 tablespoon lemon juice
1 small clove garlic, grated
1/4 cup parsley, chopped
salt (to taste)
pepper (to taste)
harissa (for garnish)
(optional)

Place the carrots in a bowl. Set aside.

In a dry skillet over medium-low heat, toast the cumin, paprika, cinnamon and cayenne, stirring until fragrant, about 1 minute. Swirl in the olive oil and then swirl in the lemon juice. When it bubbles, add the garlic. Cook, swirling the pan, for 15 to 20 seconds.

Pour the hot dressing over the carrots and toss.

Add the parsley. Season with salt and pepper. Toss.

Serve with harissa, if desired.

Per Serving (excluding unknown items): 87 Calories; 7g Fat (68.5% calories from fat); 1g Protein; 6g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 22mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 Vegetable; 0 Fruit; 1 1/2 Fat.