

# Moroccan Carrot Salad

## INGREDIENTS

Serves 4.

- 1/4 cup shelled pistachios
- Coarse salt and ground pepper
- 1 1/2 pounds carrots, peeled, halved lengthwise, and cut into 2-inch pieces (halve pieces again if thick)
- 1/4 cup raisins
- 3 tablespoons lemon juice (from 1 lemon)
- 2 garlic cloves, mashed to a paste
- 1/2 teaspoon ground cumin
- 1/2 teaspoon paprika
- 1/4 teaspoon ground cinnamon
- 1/8 teaspoon ground cayenne pepper
- 2 tablespoons extra-virgin olive oil
- 1/4 cup fresh cilantro leaves

## DIRECTIONS

1. Preheat oven to 350 degrees. Spread pistachios on a rimmed baking sheet; toast in oven until fragrant, 8 to 10 minutes. Let cool; coarsely chop.
2. In a large saucepan of boiling salted water, cook carrots until crisp-tender, 5 to 7 minutes, adding raisins during last minute of cooking. Drain in a colander; rinse under cold water until cool.
3. In a medium bowl, whisk together lemon juice, garlic, cumin, paprika, cinnamon, and cayenne; season with salt and pepper. Whisking constantly, slowly add olive oil.
4. Add carrots, pistachios, and cilantro to dressing; toss to combine.

Prepare this salad and store in the refrigerator, without the cilantro and pistachios, up to two days ahead.  
Per serving: 214 calories; 4 g protein; 11 g fat; 29 g carb; 6 g fiber