



## Roasted Carrot Salad

**Recipe by:** Chef Renée Lavallée,  
The Canteen

**Location:** Halifax, NS

**Servings:** 4 people

**Preparation Time:** 35-45 minutes



The perfect combination of savoury and sweet, this roasted carrot salad is sure to please even the pickiest of palettes! Made with fresh local produce, this beautiful dish can be served as an appetizer or a main.

### INGREDIENTS

#### Roasted Carrots

- 10-12 Heirloom carrots
- 4 tbsp Olive oil
- Salt & Pepper, to taste

#### Labneh

- 500ml Plain greek yogurt
- 1 Lemon, zest and juice
- 1 tsp Sumac
- Salt, to taste

#### Pine Nut & Quinoa Granola

- ½ C Quinoa
- ½ C Oats
- ¼ C Pine nuts
- ¼ C Canola oil
- ¼ C Maple syrup
- Salt, to taste

#### Pickled Red Onions

- 3 red Onions, sliced
- ¾ C White vinegar
- ½ C Water
- 3 tbsp Sugar
- 1 tbsp Salt

### INSTRUCTIONS

**1. Roasted Carrots** Preheat oven to 400°F (200°C). Wash, peel and cut the carrots in half and then into 3-5" pieces. Spread carrot out on a sheet pan and add olive oil, salt and pepper. Using your hands or tongs, toss the carrots so so they are evenly coated in the olive oil. Roast the carrots in the preheated oven for 15-20 minutes or until the carrots are still al dente. Did you know you can roast carrots to perfection using a [KitchenAid® Countertop Oven?](#)

**Labneh** Strain the yogurt overnight in the fridge using cheesecloth. Add the lemon juice, lemon zest and sumac to the yogurt. Stir to combine, then season to taste with salt. You can store this recipe and plenty of other ingredients in a [KitchenAid® Refrigerator](#) thanks to its ample storage space. You can also use a [KitchenAid® Stand Mixer](#) to stir these ingredients with ease.

**2. Pine Nut & Quinoa Granola** Preheat oven to 325°F (160°C). In a mixing bowl, combine all of the ingredients. Line a baking sheet with parchment paper and spread the granola evenly. Bake for 20-25 minutes. It should be a golden brown. Let cool and place in an airtight container.

**3. Pickled Red Onions** Bring vinegar, water, sugar and salt to a boil. Pour the hot liquid over the sliced onions. Let cool. Cover and refrigerate.

**4. Plating:** Spread 3-4 tbsp of labneh on a plate, with a quarter of the roasted carrots. Sprinkle 2-3 tbsp of granola over the carrots. Break apart several slices of pickled red onion and place on top of the salad. Tear apart 2-3 mint leaves and dill sprigs and place randomly on top of the salad. Drizzle 1tbsp of extra virgin olive oil on top of the salad.

### Nutrition Facts

Per 1 serving (215 g)

**Calories 230**

% Daily Value\*

<b>Fat</b> 11 g	15 %
Saturated 1 g	5 %
+ Trans 0 g	
<b>Carbohydrate</b> 26 g	
Fibre 3 g	11 %
Sugars 12 g	12 %
<b>Protein</b> 8 g	
<b>Cholesterol</b> 0 mg	
<b>Sodium</b> 320 mg	14 %
Potassium 400 mg	9 %
Calcium 100 mg	8 %
Iron 1.25 mg	7 %

\*5% or less is a little, 15% or more is a lot

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