

FOX-7 WTVW

August 4, 2010

KITCHEN AFFAIRS

4610 Vogel Road
EVANSVILLE, IN 47715

SPICY CARROT SALAD

(Serves 4)

2 limes, grated zest and juice only
3 TableSpoons extra virgin olive oil
2 TableSpoons honey
1/2 teaspoon ground dry mustard
1/8 teaspoon crushed red pepper (or hot paprika)
Salt, to taste
1¼ to 1½ pounds fresh carrots, peeled and sliced on the diagonal into thin slices
1/2 cup sliced dried apricots
3 small scallions, sliced

To Garnish: (Optional): sesame seeds or thin strips of lime zest

In a medium pan over low heat, combine the lime juice, olive oil, honey, mustard and red pepper, just until blended and warmed through, about a minute. Remove this from the heat, cover and set it aside.

In a large pot of boiling salted water, cook the carrots to crisp-tender, about 2 to 3 minutes. Drain them well and transfer them to a serving bowl.

Add the dried apricots and sliced scallions to the carrots, then toss the salad with the warm honey-lime dressing. Garnish if you wish with sesame seeds or lime zest.

Best served while the dressing is still warm, but can be served from the refrigerator, if you wish.