



kitchen collage

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Grilled Carrots with Minted Yogurt Sauce

Serves 4 - 6

Carrots are transformed on the grill! With some simple seasonings and the utility of a grill basket, simple carrots become elevated into a flavorful, sweet, and savory side! Dressed up with an easy za'atar yogurt sauce, this side dish is worthy of repeating often.

Ingredients:

10 carrots, or about 2 lbs carrots, peeled and cut into 3" matchsticks
3 tablespoons olive oil
1/2 teaspoon garlic powder
1/2 teaspoon of Kosher salt
1/2 teaspoon freshly cracked black pepper
1 tablespoon sugar

Yogurt Sauce:

1 cup plain Greek yogurt
1 tablespoon fresh lemon juice (or about half of a small lemon)
1/2 teaspoon Kosher salt
1/2 teaspoon freshly ground black pepper
1 teaspoon Za'atar spice blend

Garnish:

Fresh cilantro leaves, coarsely chopped

Directions:

1. Peel the carrots, and cut into 3" long matchsticks.
2. Prepare the carrots for grilling: Place the carrots in a large bowl. Drizzle with olive oil and toss. Sprinkle with garlic powder, Kosher salt, pepper, and sugar.
3. Grill the carrots in a grill basket over high heat until slightly blistered, a little charred, and just tender, stirring often.
4. While the carrots are grilling, prepare the yogurt sauce by whisking all of the yogurt sauce ingredients together.
5. Serve the grilled carrots with a drizzle of yogurt sauce, and a generous garnish of fresh cilantro.