

Honey Roasted Baby Carrot Salad

Serves 4 People

Ingredients

- 15 Baby Carrots Sliced in Quarters
- 1/4 Cup Chopped Pecans
- 3 Ounces Goat Cheese Crumbles
- 1/4 Cup Dried Cranberries
- 5 Ounces of Spring Mix

Dressing:

- 1/4 Cup Light Olive Oil
- 2 Tablespoons Red Vinegar
- 1/2 Teaspoon Salt
- 1/4 Teaspoon Pepper
- 1 Tablespoon Honey
- 1/2 Teaspoon Dijon Mustard
- 1/4 Teaspoon Dried Italian Seasoning
- 2 Large Garlic Cloves

Roasted Carrots Seasonings:

- Olive Oil Drizzle
- Salt
- Pepper
- 1 Medium Size Garlic Clove
- Honey Drizzle

Instructions

Preheat oven to 400° and bake carrots for 15 minutes.

Cut carrots into quarters lengthwise, place them in a bowl, and drizzle with olive oil, honey, crushed garlic, salt, and pepper (to taste). Mix well. Place carrots in a 400°F oven for about 15 minutes or until soft. Remove from oven and let cool.

Toasted Pecans: Toast pecans in a pan for about one minute, ensuring they don't burn. Keep a close eye on them. Remove from heat and let cool.

Dressing: Mix light olive oil, red wine vinegar, salt, pepper, honey, Dijon mustard, Italian seasoning, and crushed garlic cloves well. I prefer to use an immersion blender.

Toss spring mix with dressing in a bowl until evenly coated. Arrange lettuce on salad plates or in a large bowl. Garnish with carrots, goat cheese, dried cranberries, and pecans. Bon Appetit!