

# HEIRLOOM CARROT AND RADISH SALAD



## INGREDIENTS

- |                                          |                                      |                                       |
|------------------------------------------|--------------------------------------|---------------------------------------|
| 5 large heirloom carrots, peeled         | 1 tbsp chopped fresh mint (optional) | 1 tbsp honey                          |
| 1 cup thinly sliced radishes             | 1 tbsp black sesame seeds            | 4 tbsp extra-virgin olive oil         |
| 2 medium green onions, finely chopped    | 2 cloves garlic, finely chopped      | salt and ground black pepper to taste |
| 1 tbsp chopped fresh cilantro (optional) | 1 medium lime, juiced                |                                       |

## DIRECTIONS

- Use a vegetable peeler to peel each carrot lengthwise into long strands. Place in a bowl with radishes, green onions, parsley, cilantro, and mint.
- Combine garlic and lime juice in a small bowl and let sit for 2 minutes. Add honey, salt, and pepper, and mix well.
- Pour olive oil in slowly, while whisking constantly until dressing is smooth.
- Pour dressing over vegetables and mix until everything is well coated.

Note: You can use herbs as specified in the recipe or 1/4 cup combination of the one, two, or all 3 of them

Enjoy with a side of protein of choice.

