

Roasted Carrot Hummus



INGREDIENTS

- 8 ounces carrots, peeled and cut into 1-inch pieces
- 3 cloves garlic, peeled and left whole
- 2 tablespoons plus 1/2 cup extra-virgin olive oil
- Kosher salt
- One 15-ounce can chickpeas, drained and rinsed
- 2 tablespoons lemon juice
- 1/8 teaspoon cayenne pepper (optional)

DIRECTIONS

1. Preheat the oven to 425° F.
2. On a small rimmed baking sheet, toss together the carrots, garlic, 2 tablespoons olive oil and 1/2 teaspoon salt. Cover with aluminum foil and roast until the carrots and garlic are both tender and soft, about 15 minutes. Remove from the oven and cool to room temperature.
3. Place the carrots, garlic and chickpeas in a food processor. Pulse to combine and break apart slightly. Add the lemon juice, 1/2 cup olive oil, cayenne and 1/4 teaspoon salt. Puree until smooth and an even pale orange.

Source: Food Network

Vegetable Summer Rolls



INGREDIENTS

- 2 cups warm water
- 10 large rice paper wrappers
- 1 large carrot, peeled and thinly sliced
- 1 red pepper or cucumber thinly sliced
- ¼ red cabbage, thinly sliced
- 1 cup fresh mint leaves
- Optional: cilantro, parsley or other herbs
- Optional: tofu or chicken strips
- **Dipping Sauce:**
- 1 tablespoon olive oil
- 6 tablespoons water
- 2 tablespoons fresh lime juice
- 1 tablespoon soy sauce
- 1 tablespoon honey
- 1 teaspoon fresh garlic, finely minced
- Salt to taste

DIRECTIONS

1. Fill a shallow dish with warm water.
2. Dip rice wrapper in warm water for several seconds or until slightly softened and flexible.
3. Lay softened wrapper on a clean and flat work surface.
4. Place strips of pepper, cucumber, carrot, cabbage and herbs as desired in wrapper.
5. Fold the bottom of the wrapper over the filling and roll up sides tightly.
6. Repeat with remaining ingredients
7. Add all sauce ingredients in a pint jar, cover, and shake well to mix
8. Serve spring rolls with dipping sauce

Source: GrowFood Northampton

Asian Slaw with Ginger & Mint



INGREDIENTS

- **Salad**
- 1 cup scallions, sliced thin
- 1 cup mint, fresh, chopped
- 1 cup cilantro, fresh, chopped
- 5 cups cabbage, shredded
- 1 cup carrot, grated (about 2 carrots)
- **Dressing**
- 1/4 cup soy sauce, low salt
- 1/4 cup lime juice
- 1/4 cup cilantro, fresh, chopped
- 1 TB ginger, fresh, grated
- 2 TB rice vinegar
- 2 TB brown sugar
- 2 tsp toasted sesame oil
- 1 tsp salt

DIRECTIONS

1. In a large bowl, combine all the salad ingredients, except the toasted sesame seeds. Refrigerate until ready to serve.
2. In a small bowl, combine all the dressing ingredients and whisk together.
3. Add dressing to coat the salad and toss. You may prefer not to use all the dressing; you can save any remaining dressing in the refrigerator for up to 2 weeks.
4. Serve garnished with toasted sesame seeds.

Source: Center for Ecoliteracy

Carrot Orange Ginger Smoothie



INGREDIENTS

- 1 large orange, peeled
- 2 medium carrots, peeled and cut into chunks
- 2 cups frozen pineapple chunks
- 1 teaspoon peeled and chopped fresh ginger
- 1/8 teaspoon cinnamon
- 1 1/2 cups ice
- 1/2 cup cold water

DIRECTIONS

1. Add all ingredients except ice to a high speed blender and blend until smooth
2. Add ice and blend again until thick

Source: BuildYourBite.com