



Warm Carrot Salad with Spicy Chickpeas

When it comes to carrots, size matters. Bigger is not better. Medium-sized carrots tend to actually be the sweetest-tasting and have the best texture. Smaller carrots have great texture, but are less sweet than the medium ones. In this salad, go for medium-sized carrots.

Serves: 4

Ingredients

Roasted Carrots and Onions

- 2 pounds of carrots, peeled and halved lengthwise
- 1 medium yellow onion, peeled and sliced
- 2 Tbsp extra virgin olive oil, divided
- 1 Tbsp plus 1 tsp honey
- ½ teaspoon coarsely ground sea salt, divided

Roasted Chickpeas

- 1 can chickpeas (398ml/1 ½ cups), drained and rinsed
- 1 Tbsp extra virgin olive oil
- 1 tsp sumac
- ¼ tsp chili flakes
- ¼ tsp freshly ground pepper
- ¼ tsp coarsely ground sea salt
- 1 small clove garlic, minced

Salad Toppers

- 1 big handful arugula microgreens or baby arugula
- 1/3 cup crumbled creamy feta or goat cheese
- 2 Tbsp roasted, salted sunflower seeds
- Optional: 1 small avocado chopped, 2- 3 Tbsp pomegranate arils



Dressing

- 1 Tbsp extra virgin olive oil
- 1 Tbsp lemon juice
- 1 Tbsp honey
- ¼ teaspoon coarsely ground sea salt

How to Make

1. Preheat the oven to 400°F. Line two baking sheets with parchment paper.
2. In a large bowl, toss carrots with garlic, one tablespoon honey and one tablespoon of the olive oil. Spread carrots on one of the lined baking sheets. Sprinkle with just over half of the salt.
3. In a small bowl, toss onions with the other tablespoon of olive oil. Spread onions on one half of the other lined baking sheet, leaving room for the chickpeas. Drizzle on the teaspoon of honey. Sprinkle on the remaining sea salt. Place both baking sheets in the oven and roast for a total of 30 minutes.
3. Meanwhile, in a small bowl, add all chickpea ingredients and stir until well combined. When there are 10 minutes of roasting time remaining, remove the onion-baking sheet and spread the chickpeas on the other half of the sheet. Return to the oven and roast for final 10 minutes.
4. In a small bowl, whisk together the dressing ingredients.
5. Place the carrots on a large serving platter. Top with the onions and then chickpeas. Add the remaining toppings, then drizzle on the dressing. Enjoy immediately.

Optional serving suggestions: you can create the salad right on the carrot sheet pan for a more rustic meal. Alternatively, build individual salads on small plates.