

Roasted Roots and Avocado Salad

Prep Time: 15 mins

Cook Time: 1 hour

Serves: 6

Ingredient:

5 Cloves	Garlic , peeled
2 Teaspoons	Cumin seeds
2 Teaspoons	Fresh thyme leaves
2 cups	Mixed chopped herbs, parsley, chives, basil leaves
¼ Teaspoon	Red chili flakes
	Salt and black pepper
1 Tablespoon	Red wine vinegar or rice wine vinegar
6 Tablespoons	Extra Virgin Olive Oil
1 Pound	Carrots, medium sized, multi-colored with 1 ½ inch of top
6 Small	Beets, cut in half
2	Sweet potatoes, evenly cubed in ½ dice
1	Orange, halved
1	Lemon, halved
1	Avocado, pitted, peeled and cut in thin wedges
1 ½ Cups	Baby frisee or kale

Directions:

Heat oven to 400 degrees F. In the food processor pulse the garlic with the cumin, thyme, mixed herbs, chili flakes, 1 ½ teaspoon pepper and ¼ teaspoon of salt, vinegar and oil and pulse to make a paste.

Arrange carrots, beets, and sweet potatoes in a roasting pan and spread half of spice paste on top. Place orange and lemon halves, cut side down, on a baking sheet. Roast until vegetables are tender and well browned, about 1 hour.

With a dish towel to protect your hands, squeeze juice from the roasted orange and lemon halves into the remaining paste. You should have about ½ cup of pulp and juice. Season with salt and pepper.

Divide the carrots, beets and sweet potato on 6 salad plates with the spears of avocado and drizzle with frisse/kale and some of the reserved sauce.

Adapted from Chef Hula Dahl