



### **Curly Carrot .Salad**

*Refreshing salad with crisp carrots, pineapple chunks, peanuts, and dried cranberries*

#### **Carrots:**

3 to 4 medium carrots, ribbon sliced (3 cups)

#### **Curry Citrus Juice:**

1 Tablespoon lemon juice  
2 Tablespoons orange juice  
1 teaspoon grated orange zest  
1/2 teaspoon grated lemon zest  
1 Tablespoon pineapple juice (from canned pineapple)  
1 teaspoon red curry paste  
1/4 teaspoon salt; 1/8 teaspoon ground black pepper

#### **Toss with**

1/4 cup dried cranberries  
4 slices canned pineapple, cut into tidbit sized pieces  
1 Tablespoon minced chives  
6 cups Baby Spring Mix (medley of baby lettuces and baby greens)

1/3 cup roasted peanuts or peanut halves  
3 Tablespoons avocado oil or coconut oil  
1 teaspoon sesame oil  
1/2 Tablespoon toasted sesame seeds or as desired

**Slice Carrots:** To make curly carrots, slice carrots into ribbons using a vegetable peeler or mandolin. (Hint-use cut proof gloves when slicing); place carrots in medium sized microwave-safe bowl. Set aside.

**Prepare Curly Carrots:** In a small bowl, whisk lemon juice, orange juice, orange zest, lemon zest, pineapple juice, red curry paste, salt, and black pepper until mixture is smooth. Pour over thin sliced carrots. Place in microwave; cook on high power for 45 seconds to 1 minute or only until carrots are precooked, but still crisp and able to bend into ribbons. Stir carrots; set aside to cool for 15 minutes. Stir; cover curly carrots with the liquid with plastic wrap; place in refrigerator to chill.

**Prepare Ahead Toss-In Ingredients:** In small bowl, combine cranberries, pineapple tidbits, and chives; cover bowl; place in refrigerator to chill.

**Arrange Salad on Serving Plate:** Drain the juices from the carrots; set juices aside. Place Spring Greens lettuce in serving bowl. Top with drained carrots, chilled pineapple tidbit mixture, and peanuts; toss lightly.

**Prepare Vinaigrette:** Whisk drained curry citrus juices with avocado and sesame oil. Drizzle over salad as desired. Sprinkle salad as desired with toasted sesame seeds.  
Serves: 4 to 6

**Hint:** This recipe can be prepared and served as Salad or as a Side Dish.

- **Curly Carrot Side Dish:** Do not add the lettuce greens. Just serve the carrots swirled together with the other ingredients.
- **For a Mediterranean Style Salad,** omit the curry paste, sesame oil, and peanuts. Add some pistachios and crumbled feta cheese as desired.

**Cook's Note:** The thin carrots will curl like ribbons after slicing and precooking them. I love the idea of preparing all the salad ingredients ahead of time so I can just toss them together in the salad bowl. The red curry paste doesn't make the salad spicy hot but adds an interesting Thai flavor touch.

**Recipe Inspired by** *Cuisine at Home*, Spring 2021

**About the Recipe:** Do you remember that gelatin holiday salad filled with carrots and pineapples? This recipe is a salad update on that classic salad. Swirling strips of carrots, pineapple tidbits, dried cranberries, chives, and peanuts are drizzled with a lightly flavored citrus curry dressing. The dish can be served as a cold carrot side dish or a tossed carrot pineapple salad with tender baby lettuces and greens, sprinkled with toasted sesame seeds.