



Grilled Carrots with Yogurt Honey and Tahini Dressing

Dress it up with multi-colored carrots

- 1 pound fresh multi-colored carrots
- 2 Tablespoons avocado oil
- Salt to taste
- 2 ounces crunchy sprout mix (pea, radish, and sunflower sprouts), or substitute seeds, or your garden own fresh herbs
- 1/3 cup plain Greek yogurt
- 1/3 cup pure honey
- 1/3 cup tahini
- 2 teaspoons fresh lemon juice
- Salt to taste
- Garnish: as desired sprout mix or chopped pea tendrils

Grilled Carrots

- Preheat your grill to medium-high heat (around 400-425°F).
- Trim the carrots of any excess tops, scrub well or peel as desired. Toss carrots lightly with avocado oil and salt.
- Place the carrots directly on the grill grates (or in a grill basket for smaller pieces) in a single layer. Grill for about 12–18 minutes, turning occasionally, until they are tender with nice grill marks and a fork can easily pierce them. Cooking time will vary depending on the thickness of your carrots.

Honey Tahini Yogurt Dressing

- In a small bowl, whisk together the Greek yogurt, honey, and tahini until smooth. Stir in the fresh lemon juice and season with salt to taste.

To Finish

- Cut the grilled carrots to your desired uniform size (Chef Jamie suggests slicing them lengthwise in half for a beautiful presentation).
- Toss or arrange with the crunchy sprout mix or chopped pea tendrils. Transfer to a serving plate and drizzle generously with the Honey Tahini Yogurt Dressing.

Yield: Serves 4 as a side dish

Cook's Note: Grilling gives the carrots wonderful smoky char and caramelized edges that pair beautifully with the sweet-savory dressing. If your carrots are very thick, you can halve them lengthwise before grilling for more even cooking. We found that slicing lengthwise after grilling works well too.

Recipe Inspired by: Chef Jamie Simpson from The Chef's Garden

About the Recipe: Fresh multi-colored carrots add a rainbow of colors to this beautiful side dish. They provide unique flavors and textures when combined with fresh green sprouts and deliver impressive nutritional benefits that elevate this recipe into something very special. Add a drizzle of the creamy honey tahini dressing for a sweet touch that creates that "I love it!" buzz about your delicious grilled carrots.