

## Cumin Carrot Salad

Serves 6-8

2 pounds carrots  
4 cups orange juice  
2 lemons, sliced  
½ cup packed light brown sugar  
¼ cup olive oil  
2 slices fresh ginger  
4 whole garlic cloves  
2 Tablespoons whole cumin seeds  
2 Tablespoons kosher salt  
2 Tablespoons peppercorns  
2 sprigs cilantro, finely chopped  
2 cups arugula leaves  
Sea Salt to taste  
Lemon oil or fresh lemon and olive oil, to taste



Peel and cut carrots on the diagonal into pieces 1-inch thick. On high heat, bring orange juice, lemons, brown sugar, olive oil, ginger, garlic, cumin seeds, salt, and peppercorns to a boil in a large saucepan. When liquid comes to a boil, reduce heat to low, until it is barely simmering. Add carrots, maintaining low heat, and let simmer for 20 minutes or until carrots are tender.

Turn off heat and let carrots cool in broth. When cooled completely, remove carrots, discarding broth. Add cilantro and arugula. Sprinkle with sea salt and drizzle with lemon oil, if available, or olive oil and a squirt of fresh lemon juice.

*Food Revolution, Pittsburgh*