

Grilled Rainbow Carrots with Charmoula



Ingredients

1# organic rainbow carrots
1 tbsp. vegetable or canola oil
salt and freshly ground black pepper
carrot tops or chopped

Charmoula

2 tbsp. Spanish paprika
1 tsp. salt
2 tsp. ground cumin
2 large cloves of garlic, minced
¼ cup fresh squeezed lemon juice
2 tsp. minced lemon zest
4 tbsp. parsley, minced
4 tbsp. cilantro leaves and stems, chopped
½ cup extra virgin olive oil
2 tbsp. ground black pepper

Procedure

1. Preheat grill to high heat. Spray or oil the grates if necessary.
2. Place cumin and paprika in a small sauté pan, and place over low heat. Stir while cooking until fragrant 2-3 minutes.
3. Combine all ingredients for the Charmoula and allow to rest for at least 30 minutes.
4. If there are tops on the carrots, trim off to prevent burning.
5. Slightly oil the carrots and season with salt and pepper.
6. Place carrots on the grill so they won't fall through the grates. Turn gently so they cook evenly on all sides. Grill until able to be pieced by a fork. Depending on the thickness of carrots and heat from the grill, this should take about 5-10 minutes.
7. Serve grilled carrots sliced thick with Charmoula and garnish with chopped carrot tops or parsley. Extra Charmoula can be stored tightly in the refrigerator for up to a month.

Yields 1# of carrots, and 1 ½ cups of Charmoula