



Crunchy Carrots with Lemon & Dill

- from Denise's Kitchen

Ingredients:

10 oz bag of organic "matchstix" or "julienned" carrots
(Bolthouse Farms and Earthbound Farms sell these at Ingles.)
4 tbsp of chopped organic scallions
2 tbsp of chopped organic dill (fresh or dried)
4 tbsp of freshly squeezed organic lemon juice
2 tbsp of light tasting oil (I use grape seed.)
1 clove of organic minced garlic (a bit more)
1/4 tsp of sea salt (a bit more)
3-4 shakes of ground black pepper

Directions:

I find it worthwhile to soak the carrot sticks briefly in a solution of white distilled vinegar & water to rid them of that "plastic bag" taste. After rinsing, cut them down to be "bite-sized" and place them in your serving bowl. Add the scallions and dill. Whisk together the lemon juice, oil, garlic, salt & pepper in a small mixing bowl and then pour this over your carrot mixture. Toss until well coated and chill until serving time. This salad is surprisingly tasty & delightfully crunchy!