



# Carrot Avocado Salad

From our Flavor First Cookbook

*Serves 6*

Whisk 6 Tbs. **olive oil** with 3 Tbs. fresh **grapefruit juice**, 1/2 tsp. **honey**, and 1/2 tsp. legal **prepared yellow mustard**. On a baking sheet, toss 3 Tbs. of the vinaigrette with 1-1/2 pounds **medium carrots** peeled and cut into diagonal chunks; season with plenty of **salt** and **pepper**. Roast at 450 degrees for 20 minutes, stirring once.

In a small bowl, mix 1/4 c. roasted chopped **almonds** with 1/3 c. chopped **parsley**, 2 tsp. finely grated **grapefruit zest** and 1/2 tsp. **salt**. Put the cooled carrots on a platter along with 2 **avocados**, sliced. Top with parsley mixture and remaining vinaigrette; serve.



*To make it ahead;*

Roast the carrots, cool and refrigerate for up to 1 day. Warm carrots slightly, place on serving platter and continue with the recipe.