CARROT

ROASTED CARROT DIP

INGREDIENTS:

- 3 CUPS, CARROTS, UNCOOKED, CHOPPED
- 2 TBSP EXTRA VIRGIN OLIVE OIL, DIVIDED
- 1/2 TSP GROUND CUMIN
- 1/4 TSP SALT
- 1/8 BLACK PEPPER
- 3 GLOVES GARLIC
- 2 TBSP ORANGE JUICE
- 1/2 TBSP HONEY
- 2 ZUCCHINI, RAW, SLICED

DIRECTIONS:

PREHEAT OVER TO 375 ºF. COAT THE CHOPPED CARROTS WITH 1 TSP OLIVE OIL, CUMIN, SALT & PEPPER. ADD GARLIC CLOVES TO THE CARROTS & ROAST ON A BAKING SHEET IN THE OVEN FOR ABOUT 20 MINS OR UNTIL TENDER. REMOVED FROM THE OVEN & ALLOW CARROTS TO COOL.
ONCE COOLED, ADD CARROTS, GARLIC, HONEY, REMAINING OLIVE OIL & ORANGE JUICE INTO A FOOD PROCESSOR & COMBINE UNTIL DESIRED CONSISTENCY. SERVE WITH RAW ZUCCHINI SLICES.

WIDE VARIETY
SHAPES & SIZES

ROUND CYLINDRICAL FAT
SMALL LONG THIN OBTUSE

TASTEFUL HARVEST

OKLAHOMA FARM TO SCHOOL