



## roasted carrot salad

cook time:  
**30**

prep time:  
**20**

featured product:  
**baby spring mix**

our roasted carrot salad recipe is a sweet treat! we've paired honey roasted carrots with our yummy organicgirl baby spring mix so you can get the veggies you need. a generous drizzle of our lemon caesar dressing adds some crazy delicious flavor. sprinkle it all with sesame and sunflower seeds to give this salad the perfect crunch! we even included a bonus hack for those carrot tops you were thinking of throwing away!



## ingredients

4 servings

1 package [organicgirl© baby spring mix ?](#)

1/4 cup [organicgirl© lemon caesar dressing](#)

1 bunch slender carrots with green tops, tops removed, well-scrubbed

1 tablespoon olive oil

1 tablespoon honey

1/2 teaspoon fine sea salt

1/2 teaspoon black pepper

1 medium avocado, pitted and diced

1/4 cup roasted sunflower seeds

2 tablespoons sesame seeds

## substitutions

[?](#) *substitute with* [spring mix plus](#)

## directions

1. preheat oven to 375°F. slice tops off carrots (keep reading to the end for a BONUS carrot top recipe!).

[https://iloveorganicgirl.com/wp-content/uploads/2018/05/OR2020\\_Microvid\\_RoastedCarrots\\_1x1\\_1.mp4](https://iloveorganicgirl.com/wp-content/uploads/2018/05/OR2020_Microvid_RoastedCarrots_1x1_1.mp4)

2. on a large baking sheet toss carrots with oil, honey, salt, and pepper. roast, flipping occasionally, until tender and browned, about 30 minutes. let cool slightly.

[https://iloveorganicgirl.com/wp-content/uploads/2018/05/OR2020\\_Microvid\\_RoastedCarrots\\_1x1\\_3.mp4](https://iloveorganicgirl.com/wp-content/uploads/2018/05/OR2020_Microvid_RoastedCarrots_1x1_3.mp4)

3. place greens on a large platter. top with roasted carrots, avocado, sunflower seeds, sesame seeds, and CARROT TOP PESTO!

[https://iloveorganicgirl.com/wp-content/uploads/2018/05/OR2020\\_Microvid\\_RoastedCarrots\\_1x1\\_8.mp4](https://iloveorganicgirl.com/wp-content/uploads/2018/05/OR2020_Microvid_RoastedCarrots_1x1_8.mp4)

4. to make pesto: chop washed and dried carrot tops in a food processor.

[https://iloveorganicgirl.com/wp-content/uploads/2018/05/OR2020\\_Microvid\\_RoastedCarrots\\_1x1\\_4.mp4](https://iloveorganicgirl.com/wp-content/uploads/2018/05/OR2020_Microvid_RoastedCarrots_1x1_4.mp4)

5. add pine nuts, garlic, parmesan and a squeeze of lemon.

[https://iloveorganicgirl.com/wp-content/uploads/2018/05/OR2020\\_Microvid\\_RoastedCarrots\\_1x1\\_5.mp4](https://iloveorganicgirl.com/wp-content/uploads/2018/05/OR2020_Microvid_RoastedCarrots_1x1_5.mp4)

6. process a little while longer and add olive oil. voilà! keep in a sealed container in the fridge for 4-5 days (if it even lasts that long!).

[https://iloveorganicgirl.com/wp-content/uploads/2018/05/OR2020\\_Microvid\\_RoastedCarrots\\_1x1\\_6.mp4](https://iloveorganicgirl.com/wp-content/uploads/2018/05/OR2020_Microvid_RoastedCarrots_1x1_6.mp4)