

# Charred Spring Vegetables with Herb Carrot Top Dressing

## Ingredients:

### For Charred Vegetables:

- 1 pound carrots with tops
- 2 tablespoons extra virgin olive oil
- 1 pound spring vegetables, chopped or peeled, ie: asparagus, spring onions, radishes, and peas, and washed
- 1 teaspoon kosher salt

### For Herbed Carrot Top Dressing:

- 2 cups leafy carrot tops, loosely packed (can be substituted with flat leaf parsley)
- 1 garlic clove, minced
- 1 cup mint, loosely packed
- 1/3 cup lemon juice
- 1/4 cup chives, chopped
- 2 tablespoons extra virgin olive oil
- 1/4 teaspoon kosher salt

## Directions

1. Cut tops off carrots; set aside.
2. Toss vegetables with oil and the salt.
3. Preheat a 10-inch or 12-inch skillet over high heat until very hot.
4. Add a single layer of vegetables to the skillet and give a hard sear to slightly char before flipping.
5. Move cooked vegetables to a serving platter and continue cooking vegetables in batches until all are charred.
6. To prepare dressing, add carrot tops, mint, chives, lemon juice, extra virgin olive oil, and salt to a food processor. Pulse until dressing comes together. Add additional lemon juice or olive oil until the desired consistency is reached. Dressing should be thick like pesto.
7. Top charred vegetables with dressing. Serve warm, room temperature, or cold.

## Nutrition Facts

Serving Size (172g)

Servings Per Container 6

Amount Per Serving

**Calories** 100      **Calories from Fat** 45

% Daily Value\*

**Total Fat** 5g      **8%**

Saturated Fat 0.5g      **3%**

Trans Fat 0g

**Cholesterol** 0mg      **0%**

**Sodium** 75mg      **3%**

**Total Carbohydrate** 11g      **4%**

Dietary Fiber 4g      **16%**

Sugars 7g

**Protein** 2g

**Vitamin A** 130%      • **Vitamin C** 60%

**Calcium** 6%      • **Iron** 8%

\*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:

	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Saturated Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

Calories per gram:

Fat 9 • Carbohydrate 4 • Protein 4

