

## *Nutty Carrot Salad with Cumin Dressing*

*This salad was inspired when I had few ingredients in my kitchen one day. I serve it with soft boiled eggs on the side for breakfast/brunch. It would also make a great side salad next to a steak or lamb dinner.*

### **Ingredients**

#### **Salad**

*4 medium carrots skins peeled and then shaved with a vegetable peeler about 2 cups  
2 medium parsnips skins peeled and then shaved with a vegetable peeler about 1 cup  
½ cup white onion, thinly sliced  
½ cup walnuts, toasted and coarsely chopped  
⅓ cup cilantro, coarsely chopped  
¼ cup golden raisins  
Spinach for garnish*

#### **Dressing**

*¼ cup Extra Virgin Olive Oil  
1 ½ tablespoons fresh lime juice (about 2 limes)  
1 tablespoon cumin seeds toasted then ground (use ½ teaspoon of the ground cumin)  
Fresh ground sea salt and pepper to taste*

#### **Eggs**

*8 eggs  
Medium pot of boiling water  
Pinch of salt  
Paprika to taste*

### **Preparation**

*Toss all of the salad ingredients in a large bowl. Toast the cumin seeds in a pan on medium heat for 1 ½ to 2 minutes until lightly browned. Be sure to constantly toss while the seeds are toasting to prevent them from burning. Remove seeds from heat and grind in a coffee grinder. In a small bowl, whisk olive oil, lime juice, and ½ teaspoon of the ground cumin (reserve the remainder for another use). Add salt and pepper to taste. Set aside. To prepare the eggs bring a medium pot of water to boil with a pinch of salt. When the water is boiling carefully add the eggs to the pot. Let eggs boil uncovered for 8 minutes. Remove from heat, drain water and let the eggs cool. Peel the eggs and slice each egg in half diagonally.*

*To assemble the salad, toss the dressing with the salad until the dressing is mixed thru. Lay a handful of spinach in the center of four plates. Top with equal portions of the salad on each plate. Place 4 egg halves on each plate, one on each corner of the plate and sprinkle each egg with paprika and serve.*

*\*Salad and dressing can be prepared separately the night before if you are entertaining. Double or triple the recipe for a large group. Toss the salad and the dressing together just before ready to serve on a large platter and lay the eggs on the sides. It will make a beautiful presentation and tasty dish for a morning or afternoon brunch.*

*Serves 4*