

ROASTED CARROT AND CARROT GREENS SALAD

Source: Executive Chef Patrick McElroy, Washington University in St. Louis
Makes 9 to 10 servings

- 3 pounds IDP (“ugly”) carrots
- 6 ounces IDP (“ugly”) carrot tops (tender greens — not stalks — from about 1 bunch)
- 1/4 cup olive oil, divided
- 2 tablespoons kosher salt
- 1 teaspoon ground black pepper
- 1 tablespoon whole cumin seeds
- 1/3 cup local maple syrup
- 1/2 cup dried cranberries
- 1 orange (zest half the orange, squeeze the juice, and reserve both separately)
- 3 tablespoons sherry vinegar
- 2 garlic cloves, minced
- 2/3 cup dandelion greens (lightly packed), roughly chopped (use flowers if present)*
- 1-1/3 cups (lightly packed) sorrel greens, roughly chopped
- 1-1/3 cups (lightly packed) arugula
- 3 ounces local feta cheese
- 3 ounces local goat cheese, crumbled
- 1/4 cup pumpkin seeds, toasted in a dry skillet
- 1/2 cup smoked almonds, crushed

Preheat the oven to 425°F.

Trim and scrub the carrots. Roughly chop the tender parts of the carrot greens. Soak the greens in a large bowl of cold, salted water to remove any dirt or sand. Lift out, drain, and repeat in fresh cold, salted water until tops are very clean. Drain well and pat dry.

Cut the carrots (no need to peel them!) into rustic, one-inch pieces. In a large bowl, toss the carrots with half the olive oil. Season with the salt and pepper. Transfer to sheet pans (divide among multiple pans, if necessary) and spread in a single layer. Roast for 20 minutes.

Return the carrots to the mixing bowl. Add the cumin seeds and maple syrup. Toss well and return to the sheet pans. Roast for 10 to 15 minutes longer, until the edges are caramelized and the carrots are just tender. (Don’t let them burn!) Cool to room temperature.

In a small bowl, combine the vinegar, orange juice, zest, and garlic. Whisk in the remaining olive oil to make a simple vinaigrette. Place all the greens, including the carrot tops, in a large bowl and add the carrots, cranberries, both cheeses, almonds, pumpkin seeds, and the vinaigrette. Adjust the seasoning and toss well. Serve.

*Substitute an equal amount of additional arugula for the dandelion greens, if desired.

