

## Cooked Carrot and Avocado Salad – Makes 4-6 servings



### Ingredients

#### Dressing

- ¼ cup Maple syrup
- ¼ cup Olive oil
- 1 tbsp. Dijon mustard
- 1 tsp. Fresh thyme, chopped
- ½ tsp. Salt
- ½ tsp. Ground pepper

#### Salad

- 4 large Carrots, peeled and sliced
- 1 tbsp. Olive oil
- Salt and pepper to taste
- 6 cups Spring mix, packed
- 3 Green onions, thinly sliced
- 2 Red bell peppers, thinly sliced
- 2 Avocados, cubed
- ½ cup Pecans, chopped

### Directions

1. Prepare dressing by shaking together dressing ingredients in a mason jar.
  - a. You can also double the ingredients and store this dressing in your pantry for future uses.
2. Toss carrots in oil, salt and pepper and add to a heated pan on medium heat. Cook until carrots are tender, ~15-20min. Let cool.
3. In a large bowl combine the remaining ingredients and toss with part (or all) of the dressing. Add the carrots once they are cooled.
4. To make this salad a complete meal, add a rich protein source like chicken or tofu that has been marinated with the dressing.
5. Enjoy 😊