

Food Babe's Avocado & Carrot Salad

Author: Food Babe

Serves: 2

Ingredients

- 8-10 carrots, peeled and cut into rounds
- 2 tablespoons extra virgin olive oil
- ½ teaspoon ground cumin
- ¼ teaspoon ground coriander
- sea salt and pepper, to taste
- 1 avocado, peeled, pitted and diced
- 2 tablespoons fresh lemon juice
- ¼ cup chopped cilantro
- 4 cups mixed greens

Instructions

1. Heat the oven to 400 degrees.
2. Toss the carrots with the olive oil, cumin, coriander, salt and pepper and place on a baking sheet. Bake for 25-30 minutes or until the carrots are soft and golden brown.
3. Take out of the oven and place the carrots in a bowl. Add the avocado, lemon juice and cilantro and toss to combine. Season with salt and pepper, if needed. Serve over the mixed greens or with grilled chicken or fish. Enjoy!

Notes

****Please use all organic ingredients if possible****

Recipe by Food Babe at <http://foodbabe.com/2015/03/02/avocado-carrot-salad/>

