

Carrot and Arugula Winter Salad

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A sophisticated winter salad that is a dish in itself; this savory salad features sweet root vegetables, pungent blue cheese, and tender arugula, making a memorable salad that pairs well with a hearty steak and a glass of red wine. Cook the carrots ahead of time, and add arugula just before serving for a surprisingly easy yet memorable and delightful salad.

Ingredients:

2 lb. carrots, peeled and julienned
½ c. slivered almonds
2 cloves garlic, minced
¼ c. olive oil
salt pepper to taste
1 tsp honey
1 tsp cider vinegar
1/3 c. dried cranberries
½ c. blue cheese, crumbled
2 c. arugula

Directions:

1. Preheat oven to 400 degrees F.
2. In large mixing bowl, combine carrots, almonds and garlic. Drizzle with olive oil and season with salt and pepper. Place on ungreased baking dish.
3. Bake carrots until soft and beginning to brown, about 30 minutes. Remove, and allow to cool to room temperature.
4. In large bowl combine carrots, honey and vinegar. Toss to coat. Add cranberries and blue cheese and mix until well combined. Toss in arugula just before serving.

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