

## Algerian Carrots

Zippy, lots of garlic flavor, and good for you.

Author: Good Cook's Book of Oil & Vinegar, by Jordan



**1 pound carrots, peeled**  
**2 tablespoons extra virgin olive oil**  
**1/2 teaspoon ground cumin**  
**1/2 teaspoon brown sugar**  
**2 cloves garlic, minced**  
**2 tablespoons lemon juice**  
**1 tablespoon Italian parsley, minced**

*Serving Ideas: Since it's good cold, would be great for a picnic.*

Per Serving (excluding unknown items): 73 Calories; 5g Fat (54.5% calories from fat); 1g Protein; 8g Carbohydrate; 2g Dietary Fiber; 0mg Cholesterol; 25mg Sodium. Exchanges: 0 Grain(Starch); 0 Lean Meat; 1 1/2 Vegetable; 0 Fruit; 1 Fat; 0 Other Carbohydrates.

*This recipe originally came from a Sonoma bistro called Chez Nous. I've altered the recipe - reduced the amount of dressing called for. So, if it seems too light for you, just double the amount of dressing. It's very garlicky, so if you don't really like the taste of garlic, reduce the amount.*

**Servings: 6**

**Preparation Time: 40 minutes**

Start to Finish Time: 2 hours 40 minutes

1. Cut the carrots (at an angle if you can) to make slices about 1/8 inch thick. Steam the carrots until they are just tender, about 10 minutes. Do not overcook!
2. Combine the dressing in a small bowl (or blender, if you want) and mix together. Remove the carrots from the heat and allow them to cool a little. If serving immediately, drain and just add dressing. Or place all the carrots in a large ziplock plastic bag and add dressing. Seal and mix around so the dressing covers well. Refrigerate, if desired and serve cold, or re-heat.
3. A variation noted in the recipe suggests steaming an equal amount of zucchini and adding the same quantity of dressing to it - more garlic added and more lemon juice. Omit brown sugar and parsley. Then, serve both vegetables side-by-side.