

### **Toasted Cumin Carrots - Serves 4**

Prep Time: 7 minutes

Cook Time: 7 minutes

Storage: Store refrigerated in airtight container for 5-7 days

#### Ingredients

½ teaspoon cumin seeds

2 tablespoons extra virgin olive oil

1 teaspoon ginger, peeled and minced

1 ½ cups peeled and cut carrots, 4 to 5 carrots, cut into disks

¼ teaspoon sea salt

1 teaspoon lemon juice

1 teaspoon maple syrup, optional

Chopped fresh parsley to garnish, optional

#### Instructions

Heat a dry sauté pan, add the cumin seeds and shake-em like popcorn, just until you hear that familiar snap-crackle-pop and they're aromatic. Add olive oil and ginger to the cumin seeds, sauté for 1 minute. Add the carrots and salt, sauté quickly and reduce heat to medium low. Add 2 tablespoons of water and cover. Cook about 2 minutes just until al dente. Stir in maple syrup and lemon juice. Transfer to a bowl or on individual plates and garnish with parsley.

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### **Carrot Apple Slaw with Orange and Cranberry**

Serves 4 (portion size ½ cup)

¼ cup red onion, slivered

¼ cup dried cranberries

3 tablespoons orange juice

1 tablespoon lemon juice

1 cup Granny Smith apple, peeled, cored and shredded

1/2 pound carrots (about 3 medium), shredded

1 tablespoon chopped fresh mint

¼ teaspoon sea salt

2 tablespoons olive oil

1 tablespoon slivered almonds, toasted

In a small bowl, combine onion and dried cranberries with orange juice and lemon juice and set aside. In a large bowl, combine apple, carrots, and mint. Drain the onion and cranberries, reserving the juice, and add them to the apple-carrot mixture. Whisk together the reserved citrus juice, olive oil and salt. Pour the dressing over the slaw. Toss well to combine. Top with slivered almonds.

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