



CARROT, RAISIN AND CHICK PEA SALAD WITH FRAGRANT SPICES

This is a new twist on an old favorite. The addition of chick peas, onions and fragrant spices really perks up the traditional carrot and raisin salad. Besides delicious flavour, it has a variety of textures.

- 8 medium carrots, peeled and cut into ¼ inch coins
- 2 tablespoons canola oil
- 1 small onion, thinly sliced
- 1 teaspoon dried red chili flakes
- 1 teaspoon each caraway seeds, chili powder, paprika, ground cumin and salt
- ½ cup raisins
- 1-19 ounce can chick peas, drained
- 2 teaspoons fresh thyme leaves

1. In a medium sauce pot, cook carrots in boiling water for 3-5 minutes, until tender. Drain and refresh under cold water. Set aside.
2. In a small non-stick skillet, heat oil and cook onions until they begin to limp, about 3-5 minutes. Add spices and cook 1 minute more. Remove from heat and set aside.
3. In a large mixing bowl, combine carrots, raisins, cooked onions and spices and chickpeas. Stir to combine. Garnish with thyme and stir gently again. Refrigerate until use. Serve chilled or at room temperature. Flavors improve as the salad sits.

Serves: 10

Nutrients per serving:

Calories: 139

Protein: 3 g

Fat: 3 g

Carbohydrate: 25 g