

Moroccan Carrot Salad with Honey and Mint

2 lbs. carrots, peeled and cut into 1/4-inch slices
2 T. extra virgin olive oil
2 T. honey
1/4 c. each chopped mint and parsley
sea salt and fresh ground pepper to taste

Blanch carrots in boiling water to desired doneness. Place in ice bath to chill. Drain water and add olive oil, honey and herbs and season with salt and pepper and mix well. Serve at room temperature.

Nutrition (per serving based on 8 servings): 94 calories; 34% calories from fat; 3.7g total fat; 0.0mg cholesterol; 150.4mg sodium; 380.9mg potassium; 15.4g carbohydrates; 3.3g fiber; 9.5g sugar; 12.1g net carbs; 1.2g protein.