

Grilled Carrot Arugula Salad with Fig, Goat Cheese, and Avocado

Instructions

1. Add prepared carrots to a large bowl or platter and drizzle with avocado oil. Then, season with freshly ground salt and pepper. Use tongs or clean hands to coat carrots with oil.
2. Preheat the grill to medium-high heat (about 400 degrees) and grill the carrots for 15-25 minutes or until tender, flipping halfway through. If you don't have a grill/don't want to grill, you can roast the carrots at 400 degrees for 30 minutes on a baking sheet lined with parchment paper.
3. Toast walnuts in a dry skillet over medium heat, stirring occasionally for about 5 minutes. Set aside.
4. To make the dressing, add the tahini, lemon juice, maple syrup, Dijon mustard, garlic powder, water, salt, and pepper to a medium bowl and whisk together. Set aside.
5. Add arugula to a large platter or bowl and then layer with toppings: grilled carrots, dried fig halves, toasted walnuts, goat cheese crumbles, and avocado slices.
6. Drizzle the tahini dressing over the top and season with freshly ground salt and pepper.

Ingredients

- 4 large carrots, cut in half vertically and remove the stems/tops
- 1 tablespoon avocado oil
- Freshly ground salt and pepper
- 5 ounces baby arugula
- 3/4 cup dried fig halves
- 1/3 cup walnuts halves and pieces
- 1/3 cup goat cheese crumbles
- 1 avocado, sliced
- 1/4 cup creamy tahini (e.g., Soom Tahini)
- 2 tablespoons fresh lemon juice
- 1-2 teaspoons pure maple syrup
- 1/2 teaspoon Dijon mustard
- 1/4 teaspoon garlic powder
- 1/4 teaspoon salt
- 2-3 tablespoons warm water, to thin the dressing

Grocery List (add optional toppings to list as desired)

Produce

- Carrots
- Arugula
- Avocado

Dairy

- Goat cheese

Grocery

- Avocado oil
- Dried figs
- Walnuts
- Tahini
- Lemon juice
- Maple syrup
- Dijon mustard
- Garlic powder
- Salt and pepper