



Simple | Healthy | Delicious

Chipotle Carrot, Avocado, and Kamut Salad



INGREDIENTS

5-6 large carrots
2 teaspoons olive oil
½ to 1 teaspoon chipotle powder
1 cup Nature's Earthly Choice Kamut
1 avocado
¼ cup sunflower seeds
1 tablespoon olive oil
1 tablespoon honey
1 tablespoon lime juice
Cilantro, for topping

DIRECTIONS:

1. Preheat oven to 350°.
2. Cover Kamut with water and bring to a boil. Let cook until Kamut is tender, roughly an hour. Drain and set aside.
3. Cut carrots into ½" slices. Toss with two teaspoons of olive oil and ½ teaspoons chipotle powder (add more for a hotter dish). Roast for 20-25 minutes or until carrots are tender.
4. While carrots roast, remove avocado from skin and dice into large pieces.
5. Toss together kamut, roasted carrots, avocado, and sunflower seeds. Whisk together olive oil, honey, and lime juice. Drizzle over kamut and lightly toss. Serve with a sprinkle of cilantro.