

Snapped Up: Roasted Carrot Picnic Salad



2 servings

Lunch, Dinner, Potlucks, and Picnics

You may never go back to plain potato salad after making this picnic favorite. It's one of those recipes that holds up well in the fridge to snack on all week. During summer gatherings out in the hot sun, the eggless dressing won't go bad and the ingredients remain crunchy or soft just like the first day you made it.

Besides providing over 500% of Vitamin A, it also introduces you to the hearty bite of a wheat berry, which can be made ahead of time and frozen or eaten instead of oatmeal for breakfast. Can't find wheat berries in bulk bin section? Use barley, rye, or farro berries (kernels) instead.

Cook wheat berries just like dried beans.

1. Sort through the berries carefully, discarding any stones.
2. Rinse well under cool running water. Place in a large heavy saucepan.
3. Add water to cover berries, cook until boiling, then cover and simmer gently for 1 hour stirring occasionally. Or pressure cook for 25 minutes.
4. Drain and rinse.
5. Freeze extra for next time.

*Good for one.
Great for many.*

PREP/assemble 35 minutes TOTAL TIME 35 minutes

INGREDIENTS:

SALAD

- 3/4 cup cooked **wheat berries** (Or barley, rye, farro)
- 1 pound **carrots** (about 3 large carrots sliced to 1/4 inch thick)
- 8 oz (2 cups) of **cauliflower** florets
- 1 oz (1 cup) stemmed and thinly sliced **Kale** (or Chard or Arugula)
- 1/4 cup **dates** pitted and chopped
- 1/4 cup finely chopped **onion**

Sea Salt and Pepper to taste

DRESSING

- 1/3 cup raw, unsalted **cashews** (pre-soaked)
- 1/2 cup unflavored **milk**
- 1 Tablespoon **tahini**
- 1/2 teaspoon **ground cumin**
- 1/2 teaspoon **ground coriander**
- 1/2 teaspoon **ground ginger**

TOOLS USED:

- Food processor or high powered blender
- Medium bowl
- Baking sheet, parchment paper or silicone

DIRECTIONS:

Pre-cook and save time

1. Soak cashews for 15 minutes in very hot water
2. Pre-Cook wheat berries (or barley, rye, or farro)

Make

1. Pre-heat oven to 400 degrees and **begin roasting carrot slices** for 10 minutes on a baking sheet lined with parchment paper or a silicone mat. (no oil, means less un-needed calories)
2. While carrots are cooking, make creamy dressing by blending **milk, tahini, cumin, coriander, ginger** and soaked **cashews** in a high speed blender or food processor.
3. After 10 minutes (carrots will be half roasted) spoon 1 Tablespoon dressing over them, mix up, bake an additional 10 minutes, then take out and allow to cool.
4. Combine **cooked wheat berries, cauliflower, kale, dates, onions and roasted carrots.**
5. Toss with dressing to coat and salt/pepper to taste.

1 cup Roasted Carrot Picnic Salad provides:

General			
Energy	337.3	kcal	46%
Alcohol	0.0	g	No Target
Caffeine	0.0	mg	No Target
Water	159.4	g	6%

Carbohydrates			
Carbs	53.4	g	65%
Fiber	10.2	g	49%
Starch	4.5	g	No Target
Sugars	22.9	g	No Target
Sugar Alcohol	0.3	g	No Target
Net Carbs	42.9	g	70%

Lipids			
Fat	12.1	g	45%
Monounsaturated	5.0	g	No Target
Polyunsaturated	4.3	g	No Target
Omega-3	0.1	g	5%
Omega-6	4.2	g	38%
Saturated	1.9	g	n/a
Trans-Fats	0.1	g	0.079 g
Cholesterol	0.0	mg	No Target
Phytosterol	0.0	mg	No Target

Protein			
Protein	9.9	g	16%
Cystine	0.2	g	25%
Histidine	0.2	g	19%
Isoleucine	0.3	g	22%
Leucine	0.5	g	17%
Lysine	0.4	g	15%
Methionine	0.1	g	22%
Phenylalanine	0.3	g	28%
Threonine	0.4	g	26%
Tryptophan	0.1	g	31%
Tyrosine	0.2	g	19%
Valine	0.4	g	23%

Vitamins			
B1 (Thiamine)	0.3	mg	30%
B2 (Riboflavin)	0.2	mg	17%
B3 (Niacin)	2.4	mg	17%
B5 (Pantothenic Acid)	1.0	mg	19%
B6 (Pyridoxine)	0.4	mg	25%
B12 (Cobalamin)	0.0	µg	0%
Biotin	0.0	µg	0%
Folate	83.0	µg	21%
Vitamin A	12873.9	IU	552%
Vitamin C	42.5	mg	57%
Vitamin D	0.0	IU	0%
Vitamin E	0.9	mg	6%
Beta Tocopherol	0.0	mg	No Target
Delta Tocopherol	0.0	mg	No Target
Gamma Tocopherol	0.6	mg	No Target
Vitamin K	74.2	µg	82%

Minerals			
Calcium	148.5	mg	19%
Copper	0.7	mg	77%
Fluoride	0.0	µg	0%
Iodine	0.0	µg	0%
Iron	3.5	mg	43%
Magnesium	75.0	mg	23%
Manganese	0.7	mg	39%
Molybdenum	0.0	µg	0%
Phosphorus	239.6	mg	34%
Potassium	767.5	mg	16%
Selenium	7.4	µg	13%
Sodium	88.7	mg	7%
Zinc	1.7	mg	21%

Chart taken from **Cronometer.com**

Since you can't check the label on the side of a plant, Cronometer makes it easy to see what comes packed inside any whole food and in any quantity. Percentages are based on what a 150 pound person needs daily.