



# *Jinny's*

## **Roasted Carrots with Lentil Salsa Verde**

### **Lentil Salsa Verde**

1/2 cup green lentils  
1 tsp salt  
  
1/3 cup shallots, minced  
1/2 cup parsley, chopped  
1 Tbl oregano, chopped  
1 tsp garlic, minced  
1 pinch red pepper flakes  
1 cup olive oil

### **Carrots**

1.5 pounds carrots  
olive oil  
salt  
pepper

### **To Finish**

1 Tbl red wine vinegar  
  
1/2 cup feta cheese

### Lentil Salsa Verde:

Place lentils in a small pot, add cold water, just to cover, bring to a boil. Immediately strain and rinse until water runs clear. Return lentils to pot with fresh cold water cover by 1 inch and 1 tsp salt, bring to a simmer and cook until lentils are tender, but before they begin to break apart. Remove from the heat, and let cool.

Strain the cooled lentils and mix in a small bowl with shallots, parsley, oregano, garlic, peppers flakes and olive oil. Taste for seasoning. This can be done up to 2 days before serving.

### Carrots:

Preheat oven to 325°F. Toss whole carrots in olive oil, salt and pepper. Place on sheet tray and slow roast until cooked through. Test with a cake tester or small knife, when inserted the cake tester should not lift up the carrot as it is removed.

Let cool, cut carrots into desired size. if using baby carrots leave whole, if using large carrots try an oblique cut (youtube it, super easy but makes carrots-look fancy)

### To Serve:

Delicious room temp or warm. If warm flash the carrots in the oven at 325°F for 7-10 minutes, until warm throughout. Remove from the oven and place on the serving dish.

Add the red wine vinegar to the lentils. Top the carrots with lentils and crumble the feta cheese over the top.

Enjoy!