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CARROT & AVOCADO SALAD



This refreshing and tangy salad is perfect for a warm spring and early summer evening. The recipe features a delicious combination of thinly sliced carrots and avocado chunks, all brought together with a zesty dressing made from tahini, olive oil, and lemon juice. Topped with scallions, toasted sesame seeds, and fresh cilantro, this salad is a vibrant and flavorful side dish or light meal.



00 HR 40 MINS



Serves 4



Featuring

[Shoup](#)

[PRITI AND RAMAVTAR SINGH](#)

INGREDIENTS

- 1 tablespoon tahini
- 2 tablespoons boiling water
- 2 tablespoons extra virgin olive oil
- 2 tablespoons fresh lemon juice
- 2 scallion, roots and dark greens trimmed, thinly sliced
- 3/4 pound carrots, sliced thin on a diagonal, or peeled for carrot “noodles”
- 2 tablespoons roughly chopped fresh cilantro (optional)
- 2 teaspoons toasted sesame seeds
- 1 ripe avocado
- Salt

METHOD

Whisk together tahini, boiling water, olive oil, and lemon juice. Season to taste with salt. Transfer dressing to a pouring cup and use the bowl to season and serve the salad.

Wash vegetables, including the avocado. Thinly slice, or peel carrots into strands. Toss the carrots in 1/2 of your dressing.

Cut open and pit your avocado. Then season generously with salt. Scoop chunks of the avocado and place on top of the carrots. Sprinkle with scallions, toasted sesame seed, and cilantro. Drizzle with remaining dressing and enjoy!