

## Roasted Carrot, Apple and Dried Cherry Salad

Serves 4

1 pound carrots, peeled and sliced on a ¼-inch bias  
6 ounces (¾ cup) olive oil, divided  
Kosher salt and freshly ground black pepper, to taste  
½ cup unsalted shelled sunflower seeds  
2 medium Gala apples, cut into ½ inch dice  
¾ cup dried cherries  
3 tablespoons white wine vinegar  
2 teaspoons jarred horseradish

1. Preheat the oven to 450°F. Line a baking sheet with aluminum foil.
2. Spread the carrots on the baking sheet and toss in 2 ounces (¼ cup) olive oil; season with salt and pepper, and spread in a single layer. Roast the carrots for 10 to 12 minutes, until just tender, then remove from oven and let cool.
3. Heat a dry skillet over medium heat. Pour in the sunflower seeds and let cook for about 2-3 minutes, stirring every 15-20 seconds, until the seeds become aromatic and turn golden brown. Set aside to cool.
4. Toss the roasted carrots, diced apples, cherries, vinegar and 4 ounces (½ cup) olive oil in a large bowl. Season with additional salt and pepper to taste. Fold the horseradish and sunflower seeds, and serve.

*Recipe courtesy of Wegmans Chef Ernesto Cadima*

*For more recipes and information about Food Fridays visit: <http://bit.ly/foodfridays>*



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