Roasted Carrot, Apple and Dried Cherry Salad
Serves 4

1 pound carrots, peeled and sliced on a ¼-inch bias
6 ounces (3/4 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 1/2 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 (1/4 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 (1/2 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

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