

Spicy Carrot Dip

Makes about 3 cups

Ingredients

2 lbs. carrots

1 t salt

1 T brown sugar

2 cloves garlic - coarsely chopped

A thumb-sized knob of ginger - minced

½ c of brined olives, pitted and chopped - I used half green & half Kalamata, reserving about 1 tablespoon for a garnish.

A good-sized handful of cilantro, chopped

2 t Harissa spice mix or paste

2 t cumin

6 T olive oil

Flat bread to serve (I use naan)

Directions

Using a fairly wide saucepan, cook the carrots with the salt & sugar in water that is just a bit deeper than the carrots.

Bring to a boil, reduce the heat to medium, and cook until the carrots are tender, about 8 minutes.

Drain and return to the stove to dry the carrots over medium heat, while you toss them in the pot a bit.

Remove from the heat, and scrape all of the carrots and little bits into a bowl to cool.

Put the olives, garlic, ginger & cilantro into the bowl of a processor. Pulse until all are finely chopped.

Add in the carrots, Harissa, cumin & the olive oil.

Pulse until uniformly chopped finely, but not puréed.

Transfer to a serving dish, garnishing with the reserved olives.

Serve with naan as an easy, healthy, delicious appetizer.