

# Carrot Tarator

Prep time: 10 minutes

With a few simple steps, you can enjoy Carrot Tarator. Use your favorite cooking spray in a hot non-stick skillet. Saute the shredded carrots until they start to soften before adding in chopped walnuts. (You can use pine nuts if you prefer.) Once that is all cooked down, add in freshly pressed or crushed garlic.

Remove the carrot mixture from the heat and allow it to cool, almost to room temperature, before adding in the Greek yogurt. Sprinkle in salt to your taste. Drizzle a little olive oil on top as a finisher and garnish with either the carrot tops or parsley for color.

## Ingredients

- Cooking Spray
- 3 Carrots (medium/large) Peeled and Shredded
- 1/4 cup Walnuts Finely Chopped
- 3/4 tsp Fine Sea Salt
- 2 cups Plain Greek Yogurt
- 2 Garlic Cloves Pressed or Crushed
- 1 tsp Extra Virgin Olive Oil

## Instructions

1. Heat skillet over medium high heat, spray with cooking spray well. Once the skillet is hot, add the carrots and stir frequently until they start to soften.
2. Stir in the chopped walnuts and continue cooking for another 5-6 minutes.
3. Add in the garlic and cook for another minute until you can smell the garlic's aroma.
4. Remove from heat and let it cool down to a warm room temperature.
5. In a medium-sized bowl, add the Greek yogurt, slowly stirring in the carrot mixture. Season with salt to taste.
6. Drizzle a little olive oil on top.