

**Cleveland County Kitchen
June 2019
Food of the Month – Carrots
Chef Tommy Greene
Chef's Recipe – Carrot Soufflé**



Ingredients:

- 2 cups mashed, cooked carrots
- 1 cup sugar
- 1 stick butter, unsalted
- 3 eggs
- 2 Tbs. all-purpose flour
- 1 tsp. baking powder

Directions:

1. Mix and pour in a casserole dish.
2. Bake 30 minutes @425°, then 15 minutes @300°

Looks and tastes like sweet potatoes. Most men, who don't usually eat cooked carrots like this!

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NC Cooperative Extension
Cleveland County Center
130 South Post Road, Suite 1
Shelby, NC 28152
704-482-4365
cleveland.ces.ncsu.edu
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Chef's Recipe –
Warm Chickpea and Carrot Top Salad



Ingredients:

- 1 tsp. olive oil
- 1 tsp. ground cumin
- 1 medium onion, minced
- 1 (14 oz.) can chickpeas, drained
- 1 cup finely chopped carrot greens
- Juice of one lemon
- Salt to taste

Directions:

1. Heat oil over medium heat.
2. Add cumin and sauté 1 minute, or until fragrant.
3. Add onion and sauté until golden, about 2 minutes.
4. Add chickpeas and sauté until heated through and any liquid has evaporated, about 2 minutes.
5. Remove pan from heat and add carrot greens, toss, then transfer to a serving bowl and season with lemon juice and salt before serving.

Serves: 4

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