

# Quick & Easy

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## THE COSTCO WAY

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### Carrot, Avocado & Orange Salad

Makes 4 to 6 servings

#### Ingredients:

3 to 4 garlic cloves, peeled and mashed  
Salt to taste  
½ tsp ground cumin  
½ tsp ground coriander  
½ tsp red pepper flakes  
¼ cup extra virgin olive oil, plus 2 Tbsp  
1 lb Cal-Organic Farms® Baby Carrots, cut in half lengthwise  
¼ cup water  
3 small oranges, divided, peeled and segmented  
3 ripe avocados, chilled  
2 Tbsp lemon juice  
¼ cup cilantro, chopped

#### Instructions:

Preheat oven to 400 F. In a mortar or with a knife on a cutting board, mash garlic with a pinch of salt until paste-like. Put the paste in a large mixing bowl. Add cumin, coriander, red pepper flakes and ¼ cup olive oil. Stir well. Add carrots and toss. Place carrots and spice mixture in a large shallow baking dish in one layer. Pour water in the dish, tilting so the water spreads across the bottom. Cover tightly with foil. Cook for 20 minutes. Remove the foil. Continue cooking until the carrots are lightly browned, and about as tender and creamy as avocado, but not so soft that they fall apart, about 30 minutes.

While carrots are roasting, squeeze segments of 1 orange into a small bowl to release the juice. Set aside. When the carrots are done, take the dish out of the oven and let it sit until the carrots have cooled a bit but are still warm. While carrots cool, take the avocados from the fridge. Cut in half lengthwise, remove pits and peel. Cut the flesh lengthwise into slices. Put the avocado slices in a large mixing bowl. Add reserved orange juice, lemon juice, remaining 2 Tbsp olive oil and a healthy pinch of salt. Toss gently by hand. Push the avocados to one side of the bowl. Add the carrots. Toss with the liquid that has collected at the bottom of the bowl. Gently toss carrots, avocados and remaining two oranges. Transfer to a platter or to a serving bowl. Top with cilantro. Serve.

For more recipe ideas, go to [Costco.com](https://www.costco.com) and search: **Quick & Easy**

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### Moroccan Baby Carrot Salad

Makes 4 to 6 servings

#### Ingredients:

¼ cup extra virgin olive oil

1 lb Cal-Organic Farms® Baby Carrots, cut in half lengthwise

Salt to taste

1 Tbsp honey

Juice of 1 lemon

½ cup Kalamata olives (Moroccan or black olives)

½ cup orange syrup (1 cup orange juice reduced by half over medium heat)

1 Tbsp cilantro, chopped

1 Tbsp mint, chopped

⅓ cup pine nuts, toasted

1 tsp ground cumin

#### Instructions:

Pour olive oil in a skillet over high. Add carrots and salt. Cook for 2 to 3 minutes. Lower heat to medium. Cook another few minutes, or until the carrots become just barely tender. Add salt to taste. With a slotted spoon, transfer carrots to a mixing bowl. Add honey, lemon juice, olives and orange syrup. Gently toss. Just before serving toss in cilantro, mint, pine nuts and cumin. Add more salt to taste and toss. Serve with your favorite tiny pasta, grain or rice.

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