

Sweet and smoky roasted carrots are blended with chickpeas, almonds, lemon juice, garlic, and herbs. It's the perfect companion to seeded crackers or good bread. Make sure the carrots are tender to their core before you pull them from the oven for the smoothest possible texture.

INGREDIENTS:

- ½ cup skin-on almonds
- 2 lb. carrots, trimmed, peeled
- 2 Tbsp. plus ½ cup extra-virgin olive oil; plus more
- 2 ½ tsp. kosher salt, divided, plus more
- 2 garlic cloves
- ½ cup canned chickpeas
- 3 Tbsp. (or more) fresh lemon juice
- 1 tsp. freshly ground black pepper
- ¾ tsp. hot smoked Spanish paprika
- ½ cup coarsely chopped parsley, plus leaves for serving



INSTRUCTIONS:

1. Preheat oven to 350°. Toast almonds on a rimmed baking sheet, tossing halfway through, until slightly darkened and fragrant, 8–10 minutes. Let cool; set aside.
2. Cut any thick carrots in half lengthwise, then slice all carrots crosswise into 4 pieces. Toss on a parchment-lined baking sheet with 2 Tbsp. oil and 1 tsp. salt. Spread carrots out evenly on baking sheet

and roast, stirring once or twice, until very tender and starting to shrivel and brown (but not char), about 1 hour.

3. Transfer carrots to a food processor; add garlic, chickpeas, lemon juice, pepper, paprika, chopped parsley, ½ cup oil, 1½ tsp. salt, and reserved almonds. Process, adding more oil as needed, until mixture is almost completely smooth. Taste dip and add more lemon juice and/or salt if needed.
4. Transfer dip to a small bowl, drizzle with more oil, and top with parsley leaves.

Do Ahead: Dip can be made 1 week ahead. Cover and chill.

Makes about 3 cups.

Serving size is ½ a cup.

Nutrition Facts		Amount	% Daily Value*	Amount	% Daily Value*
Amount per 54 g		Total Fat 19.7g	30%	Total Carbohydrates 6g	2%
1 serving (1.9 oz)		Saturated 2.7g	14%	Dietary Fiber 2g	7%
Calories 202		Trans Fat 0g		Sugars 1g	
From fat 174		Cholesterol 0mg	0%	Protein 2g	3%
<i>HappyForks.com</i>		Sodium 1014mg	42%	Vitamin A 45% • Vitamin C 14%	
		Calcium 2% • Iron 5%		* Percent Daily Values are based on 2000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs.	

Nutrition is provided as a courtesy and is an estimate. If this information is important to you, please have it verified independently.

Like what you tried? Email us at katieConklin@oshkoshymca.org

Recipe source <https://www.bonappetit.com/recipe/smoky-carrot-dip>