

# Carrots de la Fez

*Fez is a town in Morocco.*

5 pounds carrots  
½ cup olive oil  
½ cup balsamic vinegar  
½ bunch parsley, chopped coarsely  
1½ teaspoon minced garlic  
1 tablespoon paprika  
1 tablespoon cumin  
1 teaspoon salt  
½ teaspoon ground black pepper



Peel and trim carrots and cut diagonally, or in a quarter turn fashion. Steam until tender. Meanwhile, mix remaining ingredients to make a dressing. When carrots are done, while still hot, dress them to taste, mix well.

This recipe makes 35 servings.  
Per ½ cup serving: 16 mg phe  
Per recipe: 554 mg phe

Recipe from PCC Sound Consumer, September 2001.



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