

Pickled Carrot Bruschetta

Quick-pickled garden carrots and whipped goat cheese piled onto crisp toasted baguette.

PREP	COOK	SERVINGS	DIFFICULTY	SEASON
20 min + 2 hr marinate	15 min	10	Easy	Late Summer–Fall

INGREDIENTS

US Standard | Metric

PRODUCE

1 lb carrots, small diced	454 g
2/3 cup parsley, chopped	40 g
2 cloves garlic, minced (pinch of salt)	6 g

PANTRY

6 Tbsp olive oil	90 ml
6 Tbsp lemon juice	90 ml
4 tsp ras-el-hanout (Moroccan spice blend)	10 g
1/4 tsp cayenne pepper	0.5 g

FOR SERVING

12 oz goat cheese	336 g
2 baguettes or rustic loaves of bread	2 ea

INSTRUCTIONS

1. Marinate the carrots.

In a medium bowl, combine carrots, parsley, olive oil, lemon juice, garlic, ras-el-hanout, and cayenne. Season with salt and pepper; refrigerate at least 2 hours to marinate.

2. Season the goat cheese.

In a small bowl, loosen the goat cheese with a fork and season to taste with salt and pepper.

3. Preheat & slice.

Preheat oven to 350°F. Slice baguettes into 1/4-inch rounds and arrange in a single layer on a rimmed baking sheet.

4. Toast.

Brush the slices evenly with olive oil. Bake until lightly toasted, about 15 minutes. Cool before use.

5. Assemble.

Spread the goat cheese over the toasted bread, top with pickled carrots, and serve.

LOCAL SOURCING: Carrots and parsley grown by Mission Meadows Community Garden.

CHEF C'S TIPS

"Give the carrots the full two hours in the fridge — overnight is even better. The longer they sit, the deeper that pickle flavor gets."

"If I can get my hands on a rustic sourdough instead of a plain baguette, I use it — the tang plays beautifully against the goat cheese."

"Don't toss the leftover marinade — toss it with greens for a quick side salad so nothing from the garden goes to waste."

NUTRITION FACTS

Per serving · makes 10 bruschetta bites

Calories	Protein
360	13 g
Total Fat	Sat. Fat
20 g	8 g
Carbs	Fiber
32 g	3 g
Sodium	Sugar
460 mg	5 g

