



# Recipes

## Vegetables

### **Carrots with Ginger and Black Sesame** (vegan)

*Prep Time: 15 minutes*

*Yield: 4 servings*

#### **Ingredients:**

2 tablespoons extra virgin olive oil  
2 teaspoons finely minced fresh ginger  
4 large carrots, cut into matchsticks (about 4 cups)  
1/2 teaspoon hot toasted sesame oil  
1 teaspoon gluten free tamari sauce  
1 tablespoon black gomasio seeds  
Sea salt to taste

#### **Directions:**

1. Heat olive oil in a large skillet over high heat. Add ginger and cook, stirring into oil about 30 seconds.
2. Add carrots and stir.
3. Add sea salt and 1/4 cup water and turn heat to medium-high heat. Cook until carrots begin to soften and the water evaporates, about 4-5 minutes.
4. Stir in the toasted sesame oil, tamari, and gomasio seeds and serve.