

Recipe for Heat Wave Carrot Salad with Lemon Chunks

Refreshing, tart, and citrus-y, this salad does farmers' market carrots proud.

3/4 pound carrots, peeled
1 tablespoon finely chopped flat-leaf (Italian) parsley
1/3 cup toasted pistachios
1/2" nub goat cheese, crumbled with your fingers
1 medium lemon (use a Meyer lemon if you have one)
1 tablespoon olive oil
1 teaspoon honey
salt and freshly ground black pepper, to taste

Shred the carrots, ideally in a food processor. Transfer to a large salad bowl. Stir in the parsley, pistachios, and cheese.

Using a large, sharp knife, cut both ends off the lemon and place it vertically on a cutting board so it is stable. Carefully cut the skin and white pith from the lemon and discard. Now free the lemon segments by inserting a paring knife between the membranes. Cut the segments in half and add them to the salad bowl. (Discard the membranes.) Rescue the wayward lemon juice by scraping it from your cutting board into a small bowl for the dressing. (You should have about 1 tablespoon of juice.)

To complete the dressing, whisk in the oil and honey. Season with salt and pepper. Pour over the carrot mixture and stir everything together gently. Finish with an additional grinding of black pepper. Serve cold. On a hot day.