



Recipes

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VEGAN CARROT “BACON”

Prep Time: 10 min,

Cook Time: 25 min. Total Time: 40 mins

Serves: 3

This clever method takes a humble carrot and turns it into savory, smoky, chewy-crisp “bacon.” You’ll want to cut the carrot using a vegetable peeler that allows for slightly thicker ribbons than you might use in, say, a tender salad (paper-thin ribbons are likely to burn). A Y-peeler tends to work best, especially when you apply a little pressure as you slide it down the carrot. The slices will crisp up as they cool, but they won’t be shatteringly crunchy. Some pieces will be a little chewier, some a little crispier, and all will be a whole lot of delicious.

INGREDIENTS:

- 1 large Uncooked carrot(s)
- 1 tbsp(s) Low sodium soy sauce, 1 tbsp(s)
- 2 tsps Canola oil
- 1 tsp(s) Maple syrup
- ½ tsp(s) Smoked paprika
- ¼ tsp(s) Kosher salt, ¼ tsp(s)
- ¼ tsp(s) Garlic powder, ⅛ tsp(s)

DIRECTIONS:

- 1 Preheat oven to 325°F. Line a large sheet pan with parchment paper. Using a Y-shaped vegetable peeler, peel carrot. Place carrot on cutting board and peel a few strips from one side until you get flat, wide ribbons. Applying pressure (for thicker pieces), peel off 15 ribbons.
- 2 In a medium bowl, combine soy sauce, oil, syrup, paprika, salt, and garlic powder. Add carrot ribbons and toss well until fully coated. Marinate for 5 minutes. Arrange carrot slices on prepared pan; reserve liquid left in bowl. Bake carrots for 10 minutes. Remove pan from oven, turn carrot slices over, and brush lightly with reserved liquid. Discard remaining liquid. Bake until slices are wavy and browned along the edges, 10 to 13 minutes. Cool completely on pan before serving.