

NYBG

EDIBLE ACADEMY
HONEY & HARVEST WEEKEND

HONEY GLAZED CARROT TACO WITH AVOCADO CREMA

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Yield: 4 servings

Ingredients

- 4 corn tortillas
- 8 kale leaves, torn in half (about the size of a tortilla)
- ¼ cup lime juice

Carrots

- 1 teaspoon canola oil
- ½ pound carrots, small diced
- ¼ cup water
- 2 tablespoons honey
- 1 teaspoon lime juice
- Pinch paprika, garlic powder, cumin
- Salt and pepper, to taste

Avocado crema

- 1 small avocado, mashed
- ⅓ cup cilantro, chopped
- ⅓ cup Greek yogurt (2%)
- 2 limes, yielding ¼ cup lime juice and zest
- Salt and pepper, to taste



Instructions

Rub kale with lime juice and let sit to soften leaves.

Heat oil over medium high heat in pan. Add carrots and cook for 5–6 minutes, tossing every minute until slightly browned. While cooking, in a small bowl, mix honey, water, lemon juice, and spices. After carrots have slightly browned, reduce heat to low, add honey mixture, cover, and simmer for 5–6 minutes or until tender. Uncover and simmer for 2 more minutes, tossing carrots in glaze, until it begins to thicken. Remove from heat.

Mix all ingredients for crema and set aside.

Assemble tacos: Line one tortilla with a kale leaf, add carrots and top with a dollop of crema.