



Eat and drink, but waste not by excess (Al-A'raf 31)
Banu Atabay's Mutevazi Lezzetler® Turkish cooking recipes

Mashed Carrots

Havuç Ezmesi



4 medium carrots
2 medium onions
1/3 cup olive oil
1 cup yogurt
5 garlic cloves
5-6 parsley stems
1 tsp salt
1/2 tsp crushed red pepper

- # Wash the carrots, peel and grate.
- # Roast the finely sliced onion with olive oil, add grated carrots on it.
- # Cover the lid on, cook over medium heat by stirring time to time, add salt.
- # When the carrots soften, turn the heat off, let it stand for cooling down, Do not uncover the lid.
- # In the meantime pound the garlic cloves, mix with yogurt.
- # Pour the mixture of garlic and yogurt all over the cool mashed carrots, mix.
- # Place on the service plate, and sprinkle finely sliced parsley and crushed red pepper all over.

Note: This is a light recipe, available for diet.