

Carrot Top Pesto

PREP TIME: 5 MIN

COOK TIME: N/A

YIELDS: -2 CUPS

Ingredients

1 cup carrot top greens

1 cup spinach, raw

1/2 cup olive oil

1/3 cup nut of choice

¼ cup parmesan cheese (or 1 tbsp
nutritional yeast)

1 garlic clove

¼ teaspoon salt

½ lemon, juiced

½ tsp honey or maple syrup

Qualities

Texture: Chunky/thick

Rating for Scent: 1 out of 10

Spice Level: 3 out of 10

Recipe Benefits

- Anti-inflammatory
- Decreasing food waste



Nutrition Content for ¼ Cup

Calories: 172cal

Fat: 17.9g

Protein: 2g

Carbohydrates: 2.2g

Fiber: 0.6g

Added sugar: 0.4g

Sodium: 138mg

Directions

1. Rinse carrot top greens and greens of choice with cold water.
2. On a cutting board, rough chop the greens into chunks to fit nicely in the food processor.
3. Add remaining ingredients to the food processor.
4. Blend all ingredients together until finely chopped. If a smoother texture is desired, add more oil and blend until desired texture.
5. Serve chilled.



Chef Tips/Adjustments

- If using as a pasta sauce, add pasta water to the pesto and blend in the food processor until a sauce texture is achieved. Toss with pasta or other ingredients.
- Any greens can be used for this recipe, though it is important to note that some greens taste more bitter than others. If pesto turns out bitter, add more lemon juice, honey/maple syrup, and/or oil to the mixture.
- Walnuts, pine nuts, or pistachios work best with this recipe, though any nuts can be used.
- Any form of citrus can be used in place of lemon. Get creative- use grapefruit, lime, orange, etc.!
- Other oils can be used such as avocado, macadamia, vegetable, etc.