



VEGGIE TOP PESTO

DOING GOOD

ELIOR NORTH AMERICA

VEGGIE TOP PESTO



SERVING SIZE
1 Tbsp



YIELD
2 Cops



METHOD
Blend

- 1 Cup Carrot Tops
- 1 Cup Fresh Basil Chiffonade
- 2 tbsp Fresh Squeezed Lemon Juice
- 1 tbsp Lemon Zest
- 2 tbsp Walnuts Halves Chopped
- 1 tbsp Garlic, Chopped
- 2 tbsp Water
- ¼ Cup Extra Virgin Olive Oil
- 1 tsp Kosher Salt
- ¼ tsp Ground Black Pepper

1. Add carrot tops, basil, lemon juice and zest, walnuts and garlic into a food processor with water. Blend, stopping to scrape sides until a chunky paste forms. Depending on the size of your food processor, you may need to stop frequently to scrape down the sides.
2. While food processor is running, drizzle in the olive oil slowly until combined. Season to taste with salt and pepper.

Any veggie green top (beets, turnips, radishes, etc.) can be substituted out for equal parts carrot top greens. Nutrition fact changes would be minimal.

PER SERVING: 50 CALORIES | 6 G TOTAL FAT
0 G SATURATED FAT | 0 G TRANS FAT
0 MG CHOLESTEROL | 60 MG SODIUM | 0 G CARBOHYDRATE
0 G FIBER | 0 G PROTEIN