

Carrot Tops

Carrot greens are one of those vegetable tops that people tend to shy away from. Yet they can be delightful in various culinary preparations and offer a very healthful dose of chlorophyll and vitamin K. While slightly bitter, the greens are fun used sparingly in salads or as a garnish, or added to soups, omelets, or homemade veggie broth, and even made into pesto (see recipe below). They can also be dried to use throughout the winter as an herb. Be sure to clean the leaves really well, however, as they tend to hold a lot of grit.

This pesto is bright and fresh with a bit of sharpness due to carrot greens and Parmesan. It is delicious tossed with steamed carrots. Try also putting it on pizza, tossing it with pasta, placing it on fish, adding it to soups, or spreading it on sandwiches. Carrot top pesto can also be made with other nuts and cheeses for many delicious possibilities.

Carrot Top and Parsley Pesto

Makes 2/3 cup

INGREDIENTS:

- 1 cup packed carrot greens, feathery leaves only
- 1 cup fresh parsley, packed
- 1/2 cup toasted slivered or sliced almonds
- 1 large clove garlic, roughly chopped
- 1/4 cup grated fresh Parmesan
- 1/4 teaspoon salt
- 1/4 cup extra virgin olive oil

METHOD:

In the bowl of a food processor, place carrot greens, parsley, almonds, garlic, salt and Parmesan. Blend until almost smooth. Add olive oil gradually through feed tube and blend until pesto is very smooth. Serve immediately. To refrigerate or freeze, make sure to press saran wrap on to entire surface of pesto to avoid discoloring due to oxidation.