

# Carrot Top Pesto Recipe

Yield: 1 cup pesto

## Ingredients

- 2 cups carrot top greens, roughly chopped
- 1 garlic clove, peeled & chopped
- 2 Tablespoons unsalted sunflower seeds (raw or roasted)
- 1/2 cup fresh basil leaves, packed
- 1/4 cup fresh Parmesan cheese, grated
- 1/2 cup olive oil
- 1/2 lemon, zested and juiced
- Salt and pepper to taste



## Instructions for Adults

Assist kids and oversee safe food processor assembly and use.

## Instructions for Kids

- As you prepare each of these ingredients, add them to the bowl of the food processor.
- Use a plastic knife or your hands to roughly cut or tear the carrot top greens. Peel the garlic clove and chop with a food chopper. Measure the sunflower seeds and add. Pick and measure basil leaves. Measure and grate cheese. Zest and juice the lemon. Add salt and pepper to taste.
- Put the lid on the food processor and start to pulse until a coarse paste forms.
- Add the olive oil and pulse again until well combined.
- Serve with your favorite veggies or on pasta!

Your Sandwich Can Save the World! Food Literacy Curriculum  
© 2020 Food Literacy Center. All rights reserved.  
Do not copy or share without written permission.



Find more recipes at: [www.foodliteracycenter.org](http://www.foodliteracycenter.org)