

Your Healthy Kitchen



 YAVAPAI REGIONAL
MEDICAL CENTER
Proudly Caring for Western Yavapai County

Carrot Top Pesto

Makes about 1 cup

Green leaves from 1 bunch of fresh carrots,
about 2 cups, lightly packed
1/3 cup walnuts
1 medium clove garlic, chopped (add a larger
clove if you like more garlic flavor)
1/2 cup olive oil
1/3 cup grated Parmesan cheese
Salt to taste
Lemon juice to taste



Directions

Rinse and pat greens dry. Roughly chop the greens and add them to a food processor with the oil, walnuts, garlic and cheese. Add a pinch of salt. Blend ingredients together until smooth. Add a squeeze of lemon juice and blend again. Adjust seasonings and texture with more lemon, salt or olive oil, if needed.

NUTRITION INFORMATION PER TABLESPOON:

Calories	90
Total Fat	10 g
Saturated Fat	1.5 g
Sodium	60 mg
Carbohydrate	1 g
Fiber	1 g
Protein	2 g
Potassium	58 mg

Also a good source of Vitamin A, Vitamin C and healthy phytochemicals

Cost per serving: \$.48 per
tablespoon

**For more healthy recipes,
please visit Your Healthy Kitchen
via www.yrmhealthconnect.org**