

# Roasted Carrots with Carrot Top Pesto

THE JAMES  
Mobile  
Education  
Kitchen

## Heart Health

**Items Needed:** food processor, measuring cups and spoons, sheet tray/roasting pan, spatula.

**Makes:** 4 servings

## Ingredients:

- 1 cup, packed, carrot top greens (approx 40g, stems removed)
- 1 cup, packed, baby spinach
- 1 large clove of garlic (roughly chopped)
- ½ cup unsalted cashews
- Dash of salt
- ¼ tsp black pepper
- ¼ cup extra virgin olive oil
- ½ Tbsp lemon juice
- 1 bunch of carrots

## Directions:

1. Rinse carrot top greens, discard tough stems
2. Pulse greens, spinach, garlic, cashews, salt, pepper in food processor. Scrape the sides down with a rubber spatula.
3. Slowly add the olive oil while the food processors is running. Scrape down the sides with a rubber spatula. Pulse until smooth.
4. Preheat oven to 375 degrees. Wash carrots well and leave the skins on. Add the carrots to a roasting dish and toss with oil, salt, and pepper.
5. Bake for 30 to 40 minutes or until tender. Serve topped or tossed in pesto sauce to taste.

## Nutrition Information (per 1/4 recipe):

Calories: 215 Fat: 16 g Carbs: 13.6 g Protein: 3.5 g Fiber: 4.5 g Sodium: 125 mg

<https://wexnermedical.osu.edu/nutrition-services>

<https://wexnermedical.osu.edu/rossgarden>

Recipe modified from: [https://www.simplyrecipes.com/recipes/carrot\\_top\\_pesto/](https://www.simplyrecipes.com/recipes/carrot_top_pesto/)

