Roasted Carrots with Carrot Top Pesto

**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

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