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!