

Carrot Top Pesto with Roasted Chickpea

A nut-free, seed-free carrot-top pesto built on roasted chickpeas for body and crunch.

PREP
15 min

COOK
5 min

SERVINGS
8 (2 Tbsp ea)

DIFFICULTY
Easy

SEASON
Summer

INGREDIENTS

US Standard | Metric

PRODUCE

carrot top, blanched	1 c	80 g
green onions, green parts only	4 ea	4 ea
garlic, chopped	1 clove	1 clove

PANTRY

lemon juice, freshly squeezed	2 Tbsp	30 ml
lemon zest, fresh	1 tsp	2 g
roasted chickpeas	1/2 c	75 g
nutritional yeast	1 Tbsp	5 g
grapeseed oil	3 Tbsp	45 ml
salt and pepper	to taste	—

INSTRUCTIONS

1 Blanch the carrot tops.

Boil 3 minutes until bright green and tender, then plunge into ice water. Drain, wring out excess liquid, and pat dry.

2 Process.

Add all ingredients, from garlic through nutritional yeast, to a food processor. Pulse to a chunky paste, then stream in the oil until combined. Season with salt, pepper, and extra lemon juice to taste.

3 Serve or store.

Use right away tossed with hot pasta and a splash of reserved pasta water, or store airtight in the fridge for several days (color may darken slightly — that's normal).

LOCAL SOURCING: Carrot tops and green onions grown by Courage to Grow Farm.

CHEF C'S TIPS

"Don't toss those carrot tops in the compost — a good blanch mellows the bitterness and turns them into the greenest pesto you'll ever make."

"Pulse first, then stream the oil in slow — rushing it is how you end up with a broken, oily paste instead of a silky one."

"This one's nut- and seed-free on purpose, so it's the pesto I hand to guests with allergies without a second thought."

NUTRITION FACTS

Per 2 Tbsp serving (est., 8 servings/batch)

Calories	95	Dietary Fiber	2 g
Total Fat	6 g	Sugar	<1 g
Sat. Fat	0.5 g	Protein	2.5 g
Total Carbs	7 g	Sodium	75 mg

