Carrot Top Pesto

Ingredients
- 1/3 cup toasted walnuts or pine nuts
- 1 each small clove garlic
- 2 cup carrot tops, chopped
- 1 cup basil, fresh
- 1/4 cup parmesan cheese
- 1/2 lemon, juiced
- 1/4 cup olive oil
- Pinch Salt and Pepper

Equipment Needed
- Knife
- Cutting Board
- Food Processor
- Wooden spoon or rubber spatula

Helpful Tips
- Any nut can be used if walnuts or pine nuts are not on hand.
- Adding olive oil slowly and in increments helps to reduce fat content.

Directions
- In a food processor, pulse together the walnuts and garlic until paste forms. Add the carrot tops, basil, parmesan, and lemon juice.
- Pulse again, then add olive oil and pulse until desired consistency
- Add salt and pepper to taste
- Scoop pesto into a small bowl and serve with sliced veggies, toasted bread, pasta, or dollop into soups

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Lemon Honey Roasted Carrots

Ingredients
- 1 lb thin rainbow carrots, sliced diagonally
- 2 tbsp olive oil
- 1 tbsp honey
- 1/2 lemon, juiced
- 1 each lemon zest
- 2 tsp rosemary, dried or fresh
- 1 tsp thyme, dried or fresh
- 1 each clove garlic, minced
- sea salt and pepper to taste

Equipment Needed
- Sheet pan
- Parchment Paper
- Mixing Bowl
- Rubber spatula

Helpful Tips
- Make sure carrots are spread out on pan so they roast instead of steam
- This technique can be done with any flavor you want

Directions
- Preheat oven to 400 degrees F. Lay down parchment paper or coat with nonstick spray
- In a mixing bowl, toss carrots with oil, honey, lemon, thyme, rosemary salt and pepper
- Place carrots in a single layer on the prepared baking sheet
- Place into oven and bake for 15-20 minutes, or until tender
- Serve immediately

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Carrot Cake Oatmeal

Ingredients
- 2 cups unsweetened almond milk
- 2 tbsp pure maple syrup
- 2 tsp ground cinnamon
- 1/2 tsp ground ginger
- 1/8 tsp ground nutmeg
- Pinch sea salt
- 2 cups finely grated peeled carrot
- 1/4 cup raisins or chopped dates
- 1/4 cup shredded unsweetened coconut
- 1 cup gluten free rolled oats
- 2 tsp vanilla extract
- Chopped toasted pecans, optional

Equipment Needed
- Large pot
- Grater
- Wooden spoon

Directions
- In a large pot over medium heat, whisk together the almond milk, maple syrup, spices, and pinch of salt until smooth
- Stir in grated carrots, raisins, shredded coconut and oats. Bring to a low boil and then reduce the heat back to medium to simmer. Cook uncovered, for about 8-11 minutes, stirring frequently until thickened
- Remove from heat and stir in the vanilla extract. Portion into bowls and top with toasted pecans if desired

Helpful Tips
- Additional almond milk may be added if necessary
- Make sure to stir and keep an eye so that it doesn't boil over

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