

## MCCOLM FAMILY FARMHOUSE RECIPE

# ZERO-WASTE VEGGIE SCRAPS PESTO

*An Earth Month recipe that transforms stems, tops, and leaves into something vibrant and delicious.*

*You can make this pesto using almost anything green you normally toss: carrot tops, radish greens, herb stems, kale ribs, even leftover spinach or arugula. It's sustainable, flavorful, and endlessly versatile. (Farmhouse Tip: Keep the tops in your freezer until ready to use)*

## INGREDIENTS

### Greens (choose 2-3 cups total)

- Carrot tops
- Radish tops
- Parsley stems
- Basil stems + leaves
- Kale or chard stems (chopped small)
- Spinach or arugula

### Other Ingredients

- ¼ cup nuts or seeds (sunflower seeds, almonds, pistachios, or walnuts)
- 1 garlic clove
- ⅓-½ cup olive oil
- Juice of ½ lemon
- ¼ cup Parmesan (optional)
- Salt + pepper to taste

Optional: a pinch of chili flakes or honey

## INSTRUCTIONS

**1. Prep your scraps:** Wash greens well to remove dirt or grit. Pat dry.

**2. Blend:** In a food processor, add greens, nuts/seeds, garlic, lemon juice, and Parmesan. Pulse until roughly chopped.

**3. Stream in olive oil:** With the motor running, drizzle in olive oil until smooth and creamy.

**4. Season:** Taste and add salt, pepper, more lemon, or chili flakes.

### Serving Suggestions

Toss with pasta

Spread on sandwiches or avocado toast

Stir into soups or grain bowls

Use as a marinade for chicken or veggies

Serve as a dip with farmers market crudité

### Storage

Refrigerate up to 5 days

Freeze in ice cube trays for 3 months

