

CARROT TOP CHIMICHURRI

Serves about 2 cups

INGREDIENTS

- 1 cup cilantro
- 1 cup carrot greens
- ½ cup parsley or basil
- 3 Tbls. olive oil
- 2 cloves garlic
- 2 Tbls. hemp seeds
- 2 Tbls. red wine vinegar
- 2 tsp. dried oregano
- ¼ tsp. crushed red pepper flakes
- Sea salt & pepper to taste



INSTRUCTIONS

1. Blend together all ingredients in a food processor until smooth. If too thick or chunky, add more olive oil, vinegar or just plain water in 1-2 Tbls. amounts until desired consistency.
2. Store in a sealed container in the fridge for up to 5 days or freeze in ice cubes.

NOTES

- Replace cilantro with basil for a pesto instead.
- Add any other yummy flavors you like, such as nutritional yeast, smoked paprika or cumin.
- Drizzle over baked salmon, cauliflower steaks, baked tofu or steak as a marinade. Or use as a dressing for salads, grilled romaine or roasted veggies.

NUTRITION

Per 2Tbls. serving: 90 kcal; 1g carb; 1g protein; 9g fat; 1.5g saturated fat; 1g fiber