

Cool Season Vegetable Pesto "Veggie Happenings" - April 12, 2022

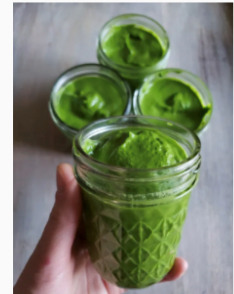
*****Safety Caution:** Pesto must be refrigerated or frozen. Store no longer than 4 days in the refrigerator. Freeze for longer storage and use within four days of thawing. There are no approved processes for home canning of pesto.

Fava Bean Greens Pesto

Fava beans aren't the only edible part of the plant! Use this recipe to enjoy the flavorful, nutty, nutritious, and earthy fava bean plant leaves too!

Prep Time
20 mins

Processing Time
10 mins



Servings: 1 pint



4.78 from 9 votes

Equipment

- Blender, or food processor

Ingredients

- 2 cups Fava bean leaves
- 1/2 cup Grated parmesan cheese (Vegan variation: substitute with 1 tbsp nutritional yeast and/or a handful of raw cashews)
- 1/2 cup Walnuts (Nut allergies? Substitute with 1/4 cup hemp seeds or sunflower seeds)
- 1/3 - 1/2 cup Olive oil*
- 1/3 - 1/2 cup Lemon juice*
- 2 - 3 cloves Garlic
- 1/2 tsp Salt

Instructions

1. Wash fava bean greens (and basil, if used) and remove leaves from tough stems.
2. In a blender or food processor, combine the listed ingredients listed.
3. *Start with 1/3 cup each of lemon juice and olive oil, and add more as needed to reach your desired consistency.
4. Blend until smooth.
5. Enjoy! Store in the refrigerator, and use within one week.
6. Add to freezer-safe wide-mouth jars if you intend to preserve it.

Fava Bean recipe from Homesteadandchill.com.

Fragrant Fennel Fronds Pesto

If you have ever wondered just what to do with those fennel fronds, fennel leaves, fennel tops or fennel greens once you have used up the bulb, then this lush Fennel Fronds Pesto is for you. Just a handful of ingredients and you have a completely delicious and freezer friendly pesto to use wherever you would use a normal pesto.



4.39 from 141 votes

Prep Time

10 mins

Total Time

10 mins

Course: Condiment Cuisine: Anytime Servings: 10 serves Calories: 180kcal

Ingredients

- 1 cup toasted walnuts
- 3 cups loosely packed fennel fronds
- 1 lemon juiced
- 1 clove garlic
- 1 teaspoon sea salt
- ½ cup olive oil (plus extra)

Instructions

1. Toast the walnuts over medium heat for about 3-5 minutes, or until they start to turn a nice golden brown color. Set aside to cool.
2. Add the walnuts, fennel fronds, lemon juice, garlic and salt to a food processor. Add in half of the olive oil and pulse or blend until incorporated. Continue blending while slowly pouring in the rest of the olive oil and desired consistency is reached (you may need to add in a little more olive oil or water 1 teaspoon at a time if you prefer it thinner)
3. Store in an airtight container in the fridge or freeze for later use

Notes

This freezes really well. Just pop it in a small airtight container (I use mini mason jars for perfect portioning) and pop in the freezer until ready to use. Let thaw overnight in the fridge.

Nutrition

Calories: 180kcal | Carbohydrates: 3g | Protein: 2g | Fat: 18g | Saturated Fat: 2g | Potassium: 159mg | Fiber: 1g | Vitamin A: 35IU | Vitamin C: 3.7mg | Calcium: 24mg | Iron: 0.6mg

Cashew Carrot Top Pesto with Roasted Carrots

Stop throwing away your carrot tops! You are missing out on the most delicious cheesy cashew carrot top pesto which pairs perfectly with roasted carrots.



Prep Time	Cook Time	Total Time
5 mins	25 mins	30 mins

★★★★★
4.75 from 4 votes

Servings: 4 servings Calories: 353kcal Author: Abra Pappa

Ingredients

Pesto

- 1/4 cup toasted cashews
- 1 garlic clove
- 1 cup loosely packed carrot tops
- 1/4 cup fresh parsley
- 1/4 cup grated pecorino Romano cheese or Parmigiano Reggiano
- 1/8 tsp sea salt
- 1/2 tsp [freshly ground black pepper](#)
- 6 tbsp [olive oil](#)

Carrots

- 2 large bunches of carrots trimmed and cut into 2" pieces
- 1 tbsp [olive oil](#)
- 1/2 tsp paprika
- 1/2 tsp garlic powder
- 1/2 tsp [salt](#)
- 1/2 tsp pepper

Instructions

Pesto

1. Preheat oven to 350° spread cashews out, in a single layer, on a sheet tray. Roast in oven for 5 minutes, toss, continue roasting for 2 more minutes. Set aside
2. In the bowl of a food processor pulse cashews and garlic until they resemble sand. Add carrot tops, parsley, cheese, salt and pepper. Pulse until smooth and well combined. Drizzle in olive oil and continue pulsing until well combined. If pesto becomes stiff and collects together like a large ball add more olive oil or a splash of vegetable stock.

Carrots

1. Preheat oven to 350.
2. Toss carrots with olive oil and spices. Spread out in a single layer on a baking sheet. Roast in oven for 20 minutes, tossing once during cooking.
3. Remove from oven, toss with pesto.

Nutrition

Calories: 353kcal | Carbohydrates: 14g | Protein: 6g | Fat: 30g | Saturated Fat: 5g | Cholesterol: 6mg | Sodium: 464mg | Potassium: 166mg | Fiber: 1g | Sugar: 2g | Vitamin A: 5580IU | Vitamin C: 53.7mg | Calcium: 287mg | Iron: 6.3mg

Carrot top pesto and Fennel Fronds Pesto from UC Master Food Preserver of Solano and Yolo County "Gifts from the Kitchen" 2021. <https://solanomfp.ucanr.edu/>

Mortar and Pestle Arugula Pesto

Ingredients

- 1 cup Lightly packed young arugula leaves (basil, parsley, other greens can be substituted), washed and dried well
- 1 - 3 cloves Garlic, peeled (or to taste)
- ¼ tsp Salt
- 1/3 cup Walnuts, lightly toasted
- 1/4 cup Grated Parmesan cheese
- 1/2 cup Extra virgin olive oil

Instructions

- Using a mortar and pestle, pound garlic with salt to a paste
- Add the walnuts and continue to pound; repeat with Parmesan cheese
- Transfer mixture to a bowl.
- Coarsely chop the arugula and any other greens, and put them in the mortar. Pound the greens to a paste.
- Return walnut mixture to greens mixture in mortar. and mix. Pound the greens and walnut mixtures together.
- Continue pounding as you gradually pour the olive oil into the mortar and mix in until desired texture. Taste for salt and adjust to your taste.

Enjoy!

I eat a lot of arugula—or rocket, if you prefer. Nutty and spicy, with a hint of sweetness, it adds an exciting flavor to everything. Arugula is gratifyingly easy to grow and yields large rewards in the kitchen. It germinates quickly and is quite productive. It can be ready to harvest as early as three weeks after planting and it grows right back after cutting up to five times. Like lettuce, it prefers a richly amended (composted) soil and even moisture—I like to sow successive plots every three weeks for a constant supply.

Classic pesto is made with basil. In the winter at Chez Panisse Café, when basil is no longer available, we make pesto from arugula and walnuts. It is very spicy and full-flavored and it is delicious on wholegrain pasta and bean soups.

MAKES ABOUT 400 G

- 2 cloves garlic, peeled
- ¼ teaspoon salt
- 40 g walnuts, lightly toasted
- 20 g Parmesan or pecorino cheese, grated
- 25 g young arugula (rocket) leaves, washed and dried
- 120 ml extra-virgin olive oil
- salt

Put the garlic and salt into a mortar and pound to a paste with the pestle. Add the walnuts and continue to pound until the walnuts are finely ground, then add the grated cheese. Transfer this mixture to a bowl. Coarsely chop the arugula and put it into the mortar. Pound the leaves to a paste. Return the pounded walnut mixture to the mortar. Pound the leaves and the walnut mixture together, then continue pounding as you gradually pour in the oil. Taste and adjust the seasoning as needed.

Quick Improv Green Pasta Sauce

- Grate zest of one lemon into a container of a blender or food processor
- Add the juice of the lemon to machine
- Toss in 1-2 cloves of garlic (Sue's addition but entirely optional)
- Add ¼ tsp each Salt and pepper
- Fill machine with fresh spinach or a mixture of greens of your choice (parsley or mint can be added to mixture)
- Add ¼ cup olive oil**
- Liquid** as needed to thin mixture for blending (water, broth, or more olive oil)
- Blend until smooth or the consistency of choice

** Olive oil, broth or water can be used in place of part or all of the olive oil if you want less fat

Use sauce over pasta and garnish with chopped nuts and parmesan cheese.

Here's the recording of the segment on the Today Show where Chef Elena Besser made the "Quick Improv Green Pasta Sauce" - <https://www.today.com/video/try-this-recipe-for-rigatoni-with-a-flavorful-herb-sauce-136483909961>

How to Use

Use these sauces with pasta, fish, chicken, vegetables, or grains such as quinoa, couscous, or rice. The use is limited only by your imagination!