Beet Green Almond Pesto

Super easy recipe for pesto. Can also be done with carrot tops or radish greens. There's almost nothing that can't be turned into pesto.

Ingredients

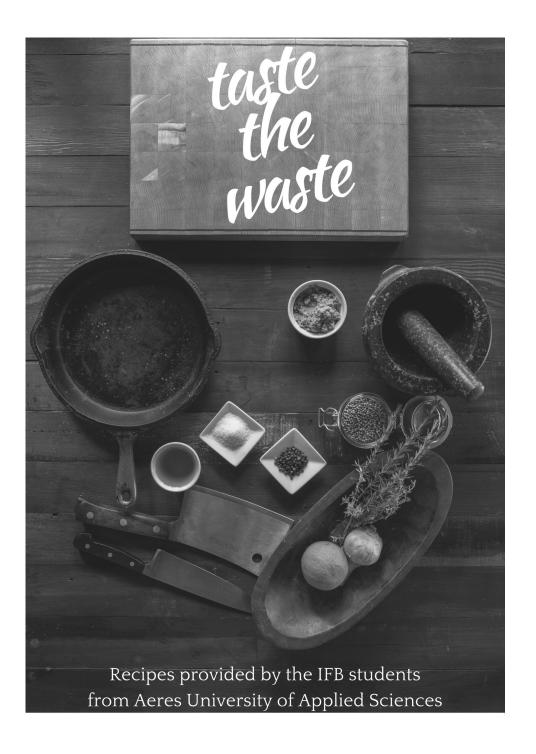
3 to 4 beet greens/tops
3/4 cup toasted almonds
1 clove garlic, chopped
juice of one lime
1 tsp sea salt
1 tsp black pepper
1/2 tsp red chili flakes
3 tbsp olive oil (or water if you're oilfree)



Instructions

Place the beet greens, almonds, garlic, lime juice, salt, pepper, and chili in a food processor, and blend.

Slowly pour in the olive oil. Blend until combined, or your desired texture is reached. I like mine to be pretty grainy, but not too chunky.



Croutons

Made from leftover (old) bread

Ingredients

Day old French bread Olive oil Salt and freshly ground black pepper 1/4 teaspoon red pepper flakes (optional)

Directions

Preheat oven to 400 degrees F.

Cut bread into cubes and place in a large bowl. Drizzle cubes with olive oil, salt, pepper and red pepper flakes. Mix well.

Spread seasoned bread onto a sheet pan and bake for about 15 minutes.



Home-made Vegetable Broth

Broth made from veggies that otherwise would be thrown away

Ingredients

Vegetable scraps
Water
Salt (optional)

Directions

Throw the scraps into a large pot and add water. I don't completely cover the scraps with water because after you cook them for a few minutes, they shrink down and become immersed in liquid.



Simmer the scraps for about an hour. Add salt if desired.

Strain the scraps. I set a metal colander inside a metal bowl and dump everything into the colander. Lift out the colander and reserve the scraps for the compost pile.

Pour the broth into jars. I have a handy funnel with a strainer in it but it doesn't catch the super fine particles. You can also use cheesecloth.



There you have it. Two jars of tasty, healthier-than-store-bought broth that, aside from my time, cost me nothing to make. I threw nothing into the trash, and even these food scraps didn't go to waste.