



Garlic Scapes Pesto

It's garlic season and we are wild about the scapes! These flower stalks that grow magically from the center of the garlic plant must be cut so that the plant's energy is used to nourish the bulbs! Instead of putting them in the compost, we started to investigate recipes and voila – we made yummy pesto! It's light and delicious bursting with great flavor. Serve this tasty topping on Barilla Plus[®] for extra vitamins, minerals and fiber. Add chopped cherry tomatoes and edamame beans and serve cold or warm—it's so good.

Ingredients:

1 cup garlic scapes, finely chopped
½ cup extra virgin olive oil
½ cup grated Parmesan cheese
2 Tablespoons fresh lemon juice

Directions:

1. In a blender or food processor, finely chop garlic scapes. Add the olive oil to scapes and blend until mixed well.
2. Into a medium bowl, transfer mixture and add Parmesan cheese and lemon juice. Stir until mixed thoroughly.
3. Use right away or cover and refrigerate (remains fresh for 2 days because of lemon juice as a natural preservative).

Makes approximately 8 servings (2 Tablespoons per serving).

Nutrition Facts per serving: 100 calories; 9g fat (2g sat fat, 6g mono, 1g poly, 0g trans fat); 0mg cholesterol; 5g carbohydrate; 2g protein; 45mg sodium; 10% DV vitamin C; 6% DV calcium; 2% DV iron.