

# GARLIC SCAPE PESTO



## INGREDIENTS

- 2 cups Garlic Scapes, chopped
- 3/4 cup Olive Oil
- 1/2 cup grated Parmesan Cheese
- 1/2 cup walnuts or sunflower seeds
- Pinch of Salt & Pepper

## DIRECTIONS

**Step 1:** Add garlic scapes, Parmesan, walnuts, salt, and black pepper to your food processor and pulse until well blended.

**Step 2:** Turn processor on and slowly add  $\frac{1}{2}$  cup oil. Once added, stop and scrape the sides to make sure all ingredients are incorporated

**Step 3:** Taste and adjust seasoning with salt and pepper. If pesto is too thick, add more oil while the processor is running.

**Optional:** If you don't like the taste or it's too strong, mix in other herbs and/or kale from your garden to tone it down.

**Step 4:** Process pesto once more until it is creamy, about 1 minute.

**Step 5:** Load the pesto into your preferred containers and store in your chest freezer for up to a year.

# HOW TO USE GARLIC SCAPE PESTO

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You can use garlic scape pesto the same way you would any other kind of pesto. Just beware, it packs quite a garlic punch!

These are the three most common ways we use our pesto:

## Lunch Wraps

Try making homemade hummus. It's inexpensive to make and provides lots of protein. Hummus wraps are also handy for traveling and packable as lunch on long hikes or bike rides. No lunch wrap is complete without a smear of pesto.

Would you believe that we ate hummus wraps for lunch almost every day of our year-long sabbatical in 2019? I do not lie.

## Pizza

Is Friday night pizza night at your house? Try featuring whatever garden veggies you have on hand. Spread with a layer of pesto on the pizza crust, then veggies, then cheese on top. Yum!

## Breakfast Foods

Egg sandwiches are a staple for weekend breakfasts. You can also layer the pest in your sandwiches with tomatoes, peppers, greens, and cheese.