

GARLIC SCAPES

Scapes are the long green, leafless stems that grow from a garlic plant. Their taste is similar to that of garlic, but milder.

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BEST COOKING METHODS

- RAW
- SAUTEED

RECIPE IDEAS

- SCAPE DIP
- SALADS
- PESTO

STORAGE

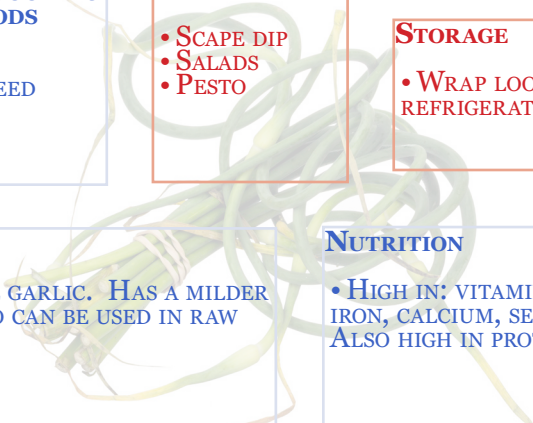
- WRAP LOOSELY IN PLASTIC, REFRIGERATE

TIPS

- USE LIKE GARLIC. HAS A MILDER FLAVOR, SO CAN BE USED IN RAW DISHES.

NUTRITION

- HIGH IN: VITAMIN B6, VITAMIN C, COPPER, IRON, CALCIUM, SELENIUM, AND MANGANESE. ALSO HIGH IN PROTEIN.



SPINACH, PEA, AND GARLIC SCAPE SOUP

- Canola oil, for cooking
- 1 big dab of butter
- 1 onion, peeled and chopped
- 2 garlic scapes, chopped
- 1 handful of fresh chives
- 1 bag of spinach
- 1 heaping cup of frozen green peas
- 1 L chicken or veggie stock
- Salt
- A splash of cream

IN A LARGE SAUCEPAN, HEAT A DRIZZLE OF OIL WITH A DAB OF BUTTER OVER MEDIUM-HIGH HEAT. COOK THE ONION FOR A FEW MINUTES, UNTIL SOFT. ADD THE GARLIC SCAVES AND TEAR IN THE CHIVES, SPRINKLE WITH SALT AND COOK FOR A FEW MORE MINUTES, UNTIL EVERYTHING IS SOFT. ADD THE SPINACH AND PEAS AND COOK UNTIL THE SPINACH WILTS. ADD THE STOCK AND BRING TO A SIMMER; COOK FOR 20 MINUTES, OR UNTIL ALL THE VEGGIES ARE NICE AND SOFT. SEASON WITH SALT AND ADD A SPLASH OF CREAM. PUREE WITH A HAND-HELD IMMERSION BLENDER (OR TRANSFER IN BATCHES TO A REGULAR BLENDER) UNTIL SMOOTH. SERVE WARM. SERVES 4.

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