Garlic Scape Hummus

- 2 cans of chickpeas (garbanzos) drained
- 1 cup sesame seeds or Tahini
- 2 tablespoons olive oil
- 1/2 cup lemon juice
- 1/2 cup fresh chopped garlic scapes

Place the ingredients in a blender on high until thick paste forms. Add salt to taste.

Optional: add your favorite curry, to taste.

Courtesy of Keene Garlic

Basil Pistachio Garlic Scape Pesto

Prep Time 15 minutes Cook Time 5 minutes

Ingredients

- 1 bunch kale
- 1 bunch basil
- 1 bunch garlic scapes
- 4 cloves garlic
- 1/4 cup pistachios toasted
- 1/2 cup extra virgin olive oil
- · sea salt to taste
- fresh ground black pepper to taste

Instructions

- 1. Strip kale leaves off stems and wash well. Bring pot of water to a boil and blanch kale leaves for 30 seconds; remove to a bowl of cold water to cool down. Squeeze kale dry with hands.
- 2. Place kale, basil, garlic and hazelnuts in food processor. Process, adding oil through feeder tube, until mixture is finely ground. Season to taste with salt and pepper.

| C ' | СТ | 44 1 | TT 1/1 | т · · | |
|----------|----------|---------|---------|---------|------------|
| Courtesy | of Jeani | iette s | Healthy | / LIVII | าธ |
| | | |) | | $^{\circ}$ |

Pasta Salad with Spinach, Chickpeas, Tahini

Ingredients

- For the Salad:
- 1/2 lb. dry <u>pasta</u> (your choice of shape)
- 1 cup chickpeas (canned is fine, rinsed and drained)
- 1 1/2 cups baby spinach leaves
- For the Dressing:
- 2 tablespoons finely chopped garlic scapes (or 1 clove garlic, peeled and finely minced)
- 3 tablespoons olive oil
- 1 tablespoon fresh lemon juice
- 1 tablespoon sesame paste (tahini)
- 3 4 tablespoons water (depending on desired consistency)
- Pinch of red pepper flakes, to taste
- 1/4 teaspoon dried oregano
- 1/4 teaspoon ground black pepper
- Salt, to taste

Steps to Make It

- 1. Add the pasta to a large pot of boiling salted water and cook according to the package directions. Drain the cooked pasta and return to the pot. Stir in the rinsed and drained chickpeas as well as the baby spinach leaves. Note that the residual heat of the pasta will cook the spinach down a bit.
- 2. Make the dressing by whisking together the chopped garlic scapes or minced garlic, olive oil, fresh lemon juice, sesame paste, water, red pepper flakes, dried oregano, ground black pepper and salt.
- 3. Toss the pasta, spinach and chickpeas with the dressing and serve at room temperature.

Courtesy of The Spruce Eats