



## 15-Minute Garlic Scape Pesto Recipe

*Prep Time: 15 minutes minutes*

*Total Time: 15 minutes minutes*

*Servings: 20 Servings*

*Calories: 79kcal*

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*Pesto is a pantry staple. Freeze fresh summer pesto for a burst of summer in the middle of winter. This Garlic Scape Pesto is, versatile and a fabulous addition to pizza, pasta, crostini, potato salad or sandwiches.*

*Recipe yields about 1 1/4 Cup.*

*This recipe is vegetarian + gluten free |*

### *Ingredients*

*10 (154g) Garlic Scapes size of scapes vary, use weight for accurate measurement*

*1/3 C (44g) Pine Nuts \*see notes for substitute!*

*1/3 C (38g) Parmesan Asiago or Parmesan dice or shredded \*\*see note*

*1/2 Lemon juiced*

*1/8 tsp Fine Sea Salt*

*A few grinds of Pepper*

*1/3 C (70g) Extra Virgin Olive Oil*

### *Instructions*

*1. Trim the garlic scapes by cutting just below the bulb and also if the end of the stem seems woody, trim that too (like asparagus). Discard the bulb and end of stem, then set the remaining scape aside (the curly part).*

2. In a food processor, add the scapes, twirling them around the center so that they all fit. Add the pine nuts, cheese, juice of the lemon and salt and pepper. Process by pulsing until the mixture begins to break down. Scrape the bowl down.
3. With the processor running, slowly add all the olive oil. Continue to process until all the ingredients are incorporated and broken down, about one minute.
4. Store in a covered container or lidded jar in the fridge and enjoy within a week. Also, you can freeze the pesto in a jar or in an ice-cube tray. Once frozen, in the ice-cube tray, remove and place in a zip top bag in the freezer.

### *Notes*

\*Unless purchased in bulk, the cost of pine nuts can be quite high. Toasted walnuts are a good sub for this recipe. Simply rough chop the walnuts and measure 1/3 C (30g).

\*\*Parmesan Cheese: Look for vegetarian friendly Parmesan cheese (one that does not use rennet in production). [BelGioioso](#) vegetarian Parm can be hard to find, but [Organic Valley](#) is more widely available and [Stella](#) offers a vegetarian friendly Parm. For more information, check directly with your preferred cheese maker.

Recipe adapted from Epicurious.

[www.Vanillaandbean.com](http://www.Vanillaandbean.com)

*Nutrition value per serving is provided as a courtesy and is an estimate.*

Serving: 1Tbs      Calories: 78 Cal      Protein 2g      Fat: 8g

Saturated Fat 1g      Cholesterol 3mg      Sodium: 78mg      Potassium: 31mg

Fibre 1g      Sugar 1g      Vitamin A: 31IU      Vitamin C : 2mg

Calcium : 49mg      Iron : 1mg