

Sauteed Garlic Scapes

4 servings



Ingredients

- 2 cups garlic scapes (about 15-20 scapes), gently rubbed under cold running water
- 1 Tablespoon vegetable oil
- Salt and pepper to taste

Serving Size (1/3 cup): Calories 60 Total Fat 3.5g Saturated Fat 0g Cholesterol 0mg Sodium 0mg Total Carbohydrates 5g Fiber 2g Total Sugars 0g, includes 0g Added Sugars Protein 1g Vitamin D 0% Calcium 2% Iron 0% Potassium 2%

Instructions

1. Wash hands with soap and water.
2. Cut garlic scapes in 2-inch long pieces.
3. In a large skillet, heat oil over medium-high heat. Add garlic scapes and cook for 4-6 minutes, while stirring occasionally until lightly toasted but still slightly crunchy. For softer scapes, continue cooking for 1-2 more minutes.
4. Season with salt and pepper, if desired.
5. Store leftovers in a sealed container in the refrigerator for up to four days.

This material was funded in part by USDA's Supplemental Nutrition Assistance Program – SNAP and Expanded Food & Nutrition Education Program (EFNEP). This institution is an equal opportunity provider.

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