



Saute of Garlic Scapes and Green Beans

The beans and the scapes look remarkably similar, making this a dish full of taste surprises. Serve with any kind of sautéed or grilled poultry or meat.

Ingredients

8oz (250g) green beans
6 oz (175g) **Ontario garlic scapes**
1 tbsp (15ml) olive oil
½ red pepper finely diced
Salt and freshly round pepper
1 tbsp (15ml) balsamic vinegar

Directions

Top and tail green beans. Bring a large pot of salted water to boil, add beans and blanch for 2 to 3 minutes or until crisp-tender. Drain and refresh with cold water until cold.

Trim **Ontario garlic scapes** and remove any seed pods. Cut in two pieces approximately the same size as the beans. Blanch for 1 to 2 minutes, depending on thickness. Drain and refresh with cold water.

Heat oil in skillet on medium heat. Add scapes and sauté for 2 minutes. Add red pepper and green beans. Toss together, cover skillet and cook for 2 minutes longer or until scapes are crisp-tender.

Uncover and season with salt, pepper and balsamic vinegar.

Serves 6

Adopted from Lucy Waverman (Food & Drink 2002)



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