



Garlic Scape Hummus/Pesto

*Snip the flower bud off the top of your garlic scape to garnish your plate.
This recipe is great tossed into pasta, dolloped on fish, spread on crusty bread
with goats cheese or used as a hummus style dip with crudités.*

Ingredients

- 1 ½ cups **Ontario garlic scapes**
- 2 ½ cups spinach (or arugula), cleaned and dry
- 1 ½ fresh lemons
- ½ cups olive oil
- 1 19oz can chickpeas, drained
- 3 tbsp Tahini butter
- 1 cup grated Parmesan cheese
- 1 cup toasted pine nuts
- 1 ½ tsp salt
- Few splashes Tabasco Sauce

Directions

Rough chop **Ontario garlic scapes** for processing, removing flower buds. Put in food processor with olive oil and blend 2-3 minutes until finely chopped (adding more oil if mixture is too thick to puree).

Add chickpeas, Tahini butter, lemon juice (seeds removed) and salt and Tabasco Sauce. Puree until chickpeas are finely ground.

Add spinach and puree.

Add toasted pine nuts and Parmesan cheese. Puree, adding more lemon juice or olive oil – according to taste – to thin if needed.

Store in tightly covered container for up to 7 days in refrigerator. Will freeze.

