

Sauteed Garlic Scapes

4 servings

Garlic scapes are the curly green shoots that grow from the garlic bulb, offering a delicious flavor that's both garlicky and a little bit sweet.



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

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.

Nutrition Information per Serving (1/2 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%.