

GARLIC SCAPE PESTO

Www.wolfpinefarm.com/recipes.html

1 bunch garlic scapes (about 10) or 4 cloves

1/2 cup olive oil

2 cups of fresh parsley and/or cilantro leaves

1 cup grated Parmesan cheese (optional but extremely good)

Sunflower seeds (optional) or other nuts such as pinto

Puree garlic scapes in a food processor. Add parsley, cilantro and oil. Puree again. Add cheese and mix, adding additional oil if necessary to blend. Stir in sunflower seeds or other nuts. Mix in warm pasta or use as a spread for bread.

Variation:

In place of parsley/cilantro add basil or any other herb or green that you have. Spinach and arugula are nice additions.

**This is also good as a baked potato topper.