



# Lemony Garlic Scape Spaghetti

Shine 365  
Marshfield Clinic

PREP TIME: 15 minutes • COOK TIME: 20 minutes • SERVINGS: 4

## INGREDIENTS

- 2-3 cups garlic scapes, chopped into 2 inch pieces, including the scape tips
- 4 cloves minced garlic
- 12 ounces spaghetti
- 2 tablespoons butter
- 4 tablespoons olive oil
- Juice of 1 lemon
- Zest from 1 lemon
- Salt and black pepper

## INSTRUCTIONS

Boil the pasta in a large pot of salted water until al dente. Drain, reserving 1/2 cup of the pasta water.

Heat the olive oil in a skillet over medium-high heat and add the minced garlic. Stir-fry the garlic scapes until crisp-tender and no longer fibrous, about 3-4 minutes. Add the butter and lemon juice, and stir until melted.

Pass hot water through the pasta to loosen, drain, then add into the pan along with the lemon zest. Add a bit of reserved pasta water if the mixture seems too dry. Season with salt and pepper to taste. Toss well and serve immediately.

## NUTRITION INFORMATION

Each serving contains about 317 calories, 19 g fat, 74 g carbohydrates, 17 g protein.