

# White Bean Salad with Roasted Garlic Scapes Recipe

## Ingredients

- 12 garlic scapes
- 1 ½ cups white beans (about 1 can)
- ½ cup baby arugula
- ¼ cup finely chopped parsley
- ¼ cup chopped almonds
- Juice of one lemon
- 1 tbsp. olive oil, plus more for roasting
- 1 tsp. chopped fresh thyme
- Salt and pepper, to taste

## Steps

1. Preheat the oven to 375°F (190°C). Place the garlic scapes on a baking sheet and drizzle with olive oil and season with salt and pepper. Bake for 10 minutes, flip, and bake for another 10-15 minutes. Let your roasted garlic scapes cool for a couple minutes until they can be handled, and chop off any parts that have become overly crispy.

2. Cut the remaining scapes into pieces, and place them in a bowl. Add the beans, drained and rinsed if using canned. Add the arugula, chopped a little if the leaves are larger, parsley, almonds, lemon juice, olive oil, and fresh thyme. Toss, and serve right away or chill until serving.

