



Recipes excerpted from Dig In  
*Growing Places' recipe book*

### **Creamy Swiss Chard Pasta**

1 pound Swiss chard  
1 tablespoon olive oil  
2 garlic cloves, smashed  
¼ cup chopped onions  
2 large tomatoes, chopped  
½ cup sour cream or plain yogurt  
½ cup 2% milk  
¼ cup parmesan cheese  
8 ounces fettuccine pasta, cooked according to package directions  
salt and pepper to taste

Wash chard and cut into small pieces. Heat oil in 2 quart saucepan over medium high heat. Add chard, garlic and onion; cooking 1-2 minutes, stirring occasionally.

Add tomatoes, sour cream, milk, parmesan cheese, cooked fettuccine, salt and pepper.

Stir well and serve warm.

### **Garlic Scape Pesto**

10 large garlic scapes, chopped  
1/3 cup raw sunflower seeds (or walnuts, pistachios or pine nuts)  
1/3 cup finely grated Parmigiano-Reggiano  
Salt and pepper  
1/3 cup extra virgin olive oil

Puree the garlic scapes, seeds or nuts, Parmesan, ½ teaspoon salt and ¼ teaspoon pepper in a food processor until very finely chopped. With the motor running, slowly pour the oil through the opening. Season pesto with salt and pepper to taste. The pesto will keep in the fridge, covered, for 1 week or frozen for a month.

Delicious over pasta, quinoa or rice.

### **White Bean and Garlic Scapes Dip**

1/3 cup sliced garlic scapes (3-4)

1 tablespoon freshly squeezed lemon juice  
½ teaspoon salt  
ground black pepper to taste  
1 can (15 ounces) cannellini beans, rinsed and drained  
¼ cup extra virgin olive oil

In a food processor, process garlic scapes with lemon juice, salt and pepper until finely chopped. Add cannellini beans and process to a rough puree.

With motor running, slowly drizzle olive oil through the feed tube and process until fairly smooth. Pulse in 2 or 3 tablespoons of water, or more, until the mixture is the consistency of a dip.

Add more salt, pepper or lemon juice if desired. Spread out dip on a plate, drizzle with olive oil and sprinkle with a bit more salt.

### **Fennel Risotto**

5 cups water or stock  
¼ cup semi-sweet white wine  
2 cups minced fennel bulbs and 3 tablespoons chopped fennel leaves  
1 large garlic clove, minced  
¼ cup heavy cream  
2 small plum tomatoes, seeded and chopped fine  
½ teaspoon salt  
1 ½ tablespoons olive oil  
1 ¼ cups uncooked Arborio rice  
1/3 cup grated parmesan cheese  
salt and pepper  
2 tablespoons chopped parsley

In a heavy saucepan, place ½ cup of the water or stock, ½ cup wine, 1 cup minced fennel, garlic and cream and stir to combine. Bring the sauce to a boil, and let boil hard for 10 minutes. Reduce the heat, add tomatoes and chopped fennel leaves and simmer for 5 more minutes. Remove pan from heat.

Heat remaining water or stock until liquid is very hot and then turn heat to low.

Heat oil in heavy saucepan over med-high heat. Add onions and remaining fennel. Cook for 5 minutes. Add thyme and rice, and stir to coat with oil. Add ¼ cup wine and ½ of water or stock. Wait until liquid is absorbed and add another ½ cup. Continue adding stock or water in this fashion, stirring often to keep rice from sticking. After 18-20 minutes, rice should be tender. Stir in parmesan cheese.

Reheat sauce. Spoon risotto onto four plates, drizzle with sauce, sprinkle with chopped parsley and serve.