



Sautéed Pea Tendrils

Pea tendrils have a fresh, delicate flavor—not much needs to be done to them. In fact, they are delicious raw too!

- 1 bunch of pea tendrils—trim any tough ends
- 2 tablespoons olive oil
- 2–4 cloves of garlic, crushed
- A sprinkle of sea salt
- Chili flakes, if you like heat (optional)

Rinse and chop the pea tendrils. Add olive oil and garlic to a cold skillet. Heat over medium heat until garlic is fragrant (but not brown!). Remove garlic clove from the pan and save for later (optional).

Add the chopped tendrils and sauté for about 30 seconds. Cover and cook just until wilted 2–5 minutes, depending on their thickness—don't overdo it—you want them barely wilted, but still flavorful and crunchy!

Serve with a tiny sprinkle of sea salt and/or chili flakes if you want a little bit of heat. You also can chop the garlic and add it back in if you'd like.

Pea Tendril Pesto

This intensely flavored, neon green pesto recipe is inspired by one that appeared in the New York Times. Add up to a half-cup of additional fresh herbs such as chives, mint, arugula and parsley. Like most pestos, all amounts are approximate, so adjust according to your own taste. Recipe by Edible Portland

Try this pesto on a piece of toast with a sliced hardboiled egg; added to boiled potatoes with chopped green onions; or thinned with pasta water and tossed with wide-cut fresh noodles.

- ½ cup walnuts, raw or toasted
- 3 cups pea shoots, roughly chopped
- ½ cup grated Parmesan Reggiano
- 2 cloves garlic, chopped
- Sea salt to taste
- 1/3 to ½ cup extra-virgin olive oil

1. To toast the walnuts, preheat the oven to 350 degrees. Spread walnuts on baking sheet and roast until golden, about 10 minutes. Check by letting them cool and then breaking a walnut in half. The inside should be golden all the way through. *(Optional. Tastes good with walnuts just out of the bag too).*

2. In a food processor or blender, combine walnuts, pea shoots, Parmesan and garlic. Pulse until roughly chopped. Add salt to taste. With motor running, slowly drizzle in olive oil. Blend until well-combined and you reach your desired thickness. Scrape pesto into a bowl and use immediately, or store in a jar with a thick covering of olive oil and use within three days. You can also freeze in ice cube trays.

Makes 2 to 2 ½ cups