

Recipes



Capers

Tips for Use:

- Use as a garnish or add to salads, sauces, dressings, vegetables and fish dishes
- Garnish bloody Mary cocktails and martinis
- The flavor of capers compliment lemons and pair well together

Fresh Tuna Salad Pita

8-ounce tuna fillet, cooked and chopped
2 tablespoons mayonnaise
2 tablespoons light yogurt
1 teaspoon fresh lemon juice
1 teaspoon minced onion
1 teaspoon capers

2 teaspoons toasted pine nuts, chopped
¼ cup chopped cucumber
2 tablespoons minced celery
2 teaspoons chopped fresh dill
1 teaspoon chopped fresh lemon thyme
4 whole-grain pitas

Blend all ingredients together. Serve on a warmed whole-grain pita with green-leaf lettuce and thinly sliced tomatoes.

Katherine K. Schlosser, HSA North Carolina Unit
The Essential Guide to Growing and Cooking With Herbs

Arugula Cappellini With Lemon Caper Sauce

1 ½ pounds cappellini noodles
4 tablespoons olive oil
2 cloves garlic, crushed
4 tablespoons capers, rinsed
1 tablespoon seeded and diced chile pepper
2 teaspoons grated lemon rind

3 tablespoons fresh lemon juice
¼ cup dry white wine
4 cups chopped arugula
¾ cup shaved fresh Parmesan
Freshly ground black pepper

Cook the noodles al dente.

In a large saucepan over medium-high heat, sauté the garlic in the olive oil. Add capers, chile, lemon rind, wine, and lemon juice and heat through.

Drain the pasta, add to garlic mixture. Toss in the arugula and Parmesan to combine. To serve, top with a generous sprinkling of black pepper. Yields 6-8 servings.

Anna Reich, HSA Potomac Unit
The Essential Guide to Growing and Cooking With Herbs

Do you have a recipe using capers to share?

Please send it to Educator@herbsociety.org

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