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 teaspoons toasted pine nuts, chopped
2 tablespoons mayonnaise  ¼ cup chopped cucumber
2 tablespoons light yogurt  2 tablespoons minced celery
1 teaspoon fresh lemon juice  2 teaspoons chopped fresh dill
1 teaspoon minced onion  1 teaspoon chopped fresh lemon thyme
1 teaspoon capers  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  3 tablespoons fresh lemon juice
4 tablespoons olive oil  ¼ cup dry white wine
2 cloves garlic, crushed  4 cups chopped arugula
4 tablespoons capers, rinsed  ¾ cup shaved fresh Parmesan
1 tablespoon seeded and diced chile pepper  Freshly ground black pepper
2 teaspoons grated lemon rind

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
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Do you have a recipe using capers to share?
Please send it to Educator@herbsociety.org

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