



FarmFresh

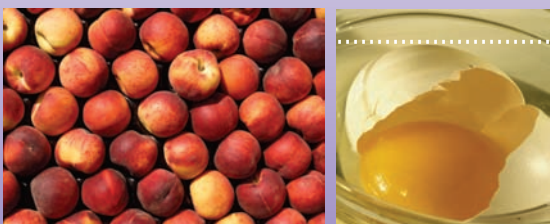
Recipes

June 2016

Available Now...

Chard

The stems of Swiss chard look similar to celery and can be green, red or a mixture of red, pink, orange and yellow.



Tips & Nutrition

Select chard with fresh green leaves, avoiding those that are yellow or discolored. Chard is fat free, a good source of magnesium and an excellent source of vitamins A and C.



Fresh Inspirations...

Sweet Chili Chard with Peppers

Ingredients

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|--------------------------|-------------------------------------|
| 1 Gallon Water | 2 Tbsp. Peanut Oil |
| 1 Tbsp. Kosher Salt | 1 Red Bell Pepper, julienned |
| 2 Tbsp. Sugar | 1 Orange Holland Pepper, julienned |
| 1 Clove Garlic, crushed | 1 Tbsp. Brown Sugar |
| 1 Tsp. Red Pepper Flakes | 3 Tbsp. Sweet Chili Sauce |
| 2 Lbs. Chard | 2 Tbsp. Mirin Wine |
| | Black Pepper to Taste |
| | Kosher Salt to Taste |
| | 1 Tsp. Black and White Sesame Seeds |
| | 4 Tbsp. Fresh Cilantro, chopped |

Directions

Wash chard and cut off the stem ends, leaving only the leaves, then cut the leaves into 2-inch wide strips. Bring the water, salt, sugar, garlic and red pepper flakes to a boil in a large stock pot. Once boiling, add the chopped chard and cook until the chard is tender, about 4-5 minutes. Remove from the water and drain in a colander and squeeze off excess water.

Heat a large sauté pan over medium high heat for 3-4 minutes then add the peanut oil and heat for 30 seconds. Add the peppers and sauté until golden, approximately 5-7 minutes. Turn off burner then add the chard slowly to avoid any splattering of oil. Turn heat back on and sauté for approximately 5 minutes, then add the brown sugar, sweet chili sauce and mirin. Cook until it starts to thicken and glaze the chard. Season as needed with salt and pepper, garnish with the sesame seeds and cilantro.

Enjoy with a glass of Colorado wine such as Sweet Riesling from Guy Drew Vineyards in Cortez, Colorado.

Provided by Chef Jason K. Morse, CEC, 5280 Culinary, LLC and Ace Hardware Grill Expert

Each month the Colorado Department of Agriculture features a different commodity to highlight the variety and quality of products grown in the state. Visit us at www.coloradoagriculture.com for a complete list of recipes.

Next Month... **Colorado Beets**