



Eggy Rice with Swiss Chard and Peas

Chef: Red Fern Farm

1 1/2 tablespoons olive oil
2-3 garlic cloves, minced
1/2 cup peas, fresh (or frozen)
1/2 cup Swiss chard leaves, cut chiffonade
1 cup cooked rice, brown or white
2 small eggs or 1 large egg
2 tablespoons freshly grated parmesan cheese

Garnish:

3-4 basil leaves, cut chiffonade OR a handful of flat-leaf parsley leaves, chopped finely

Method:

1. Heat the olive oil in a medium-sized saucepan over medium heat. Add garlic and saute briefly-- about 30 seconds.
2. Add peas and saute until al dente (and heated through, for frozen peas).
3. Add chard and saute until it begins to wilt--1-2 minutes.
4. Add rice; season with a generous pinch of salt and a dash of black or cayenne pepper. Continue to saute until the rice is heated through.
5. Add eggs, break the yolks and incorporate into the rice mixture. Stir periodically until no uncooked white is visible but the yolk is still creamy (or until the egg is cooked to your preference).
6. Remove from heat and transfer to a bowl. Stir in parmesan and basil or parsley and enjoy!

Be sure to prep all ingredients before you start cooking--this saves some scrambling later on! This recipe make an eggy rice bowl for one person, so double, triple, or quadruple ingredients and cooking times for multiple diners. Seasonal vegetables can be substituted for the chard and peas in similar quantities--

squash and onions, for instance, or carrots and leeks. Simply add the vegetable that takes the longest to cook first. All of the quantities are based on personal preference and can be adjusted as needed. Herbal brews can also be blended with traditional black tea brews for delicious sweet iced teas in the summer months.