

Spring Vegetables with Tecolote Farms V: Chard

What's not to love about a bountiful spring harvest of chard? Especially when it's locally grown just outside of town by Tecolote Farms. I truly cannot wait to get my CSA this week and remake this Asian inspired recipe that you will certainly want to try yourself. This time around I am going to take it to another level by adding sautéed shiitake mushrooms that cook up in a flash and can be added as a topping. Don't miss my comments in parenthesis for items I have changed for an end result that meets all dietary challenges.

Flavor Bomb Greens and Noodles



Ingredients

Brown rice noodles- approximately 125g for four servings (I

also like Buckwheat noodles but Cauliflower Rice would be a perfect grain free option)

A few large handfuls mixed greens (I used 2 bunches of Swiss chard but you can certainly add kale, spinach, etc.)

Dressing

2 Tbsp. tamari

2 Tbsp. cold-pressed sesame oil (or olive)

2 tsp. raw honey (or maple syrup)

2 tsp. brown rice vinegar

Zest and juice of 1 lime

1 clove garlic, minced (or Tecolote green garlic, chopped whole)

1 Tbsp. fresh ginger root, minced

2 spring onions, sliced

$\frac{1}{2}$ red chili, minced

Toppings

$\frac{1}{4}$ cup mixed black and white sesame seeds

$\frac{1}{4}$ cup unsweetened desiccated coconut

$\frac{1}{4}$ cup cashews

$\frac{1}{2}$ cup cilantro, chopped

$\frac{1}{2}$ cup mint, chopped

Full Instructions Here

Chard Wraps



Late last summer I got hooked on chard wraps and, because I believed them to be the best lunch hack ever, I wrote this blog post boosting my find. With chard in great supply right now and spring temperatures rising you may want to enjoy this

raw lunch treat now. The best thing about Chard Wraps is that there absolutely is no end to the possible filling combinations. Here's a taco version from the kitchn that is sure to be everyone's next favorite.

Don't miss out on these fabulous tastes of spring, sign up now for one of the few remaining seasonal CSA with Tecolote Farms. It's an unbelievably short season here in Texas so take advantage of these delightful veggies now before it is too late!

Green Garlic

Radishes

Leeks

Baby Lettuce