



Seasonal, Healthy, and Tasty for
Chimacum Corner Farmstand

April 2015: Incredible Eggs!

Eggs, Greens and Grains

4 large eggs, beaten
1 tablespoon milk
1/4 teaspoon kosher salt
2 tablespoons extra-virgin olive oil
1 green onion, white and light green parts, finely chopped (about 1 tablespoon)
2 cloves garlic, minced
1 heaping well-packed chopped leafy greens (such as kale, Swiss chard leaves without ribs, or spinach)
1/2 cup cooked whole grains (wheat berries, farro, barley, or millet)
1 tablespoon chopped fresh chives
Freshly ground black pepper
Flaky salt

Crusty bread, toasted English muffins, or warm corn tortillas, for serving

In a large bowl, whisk together the eggs, milk, and kosher salt; set aside. Heat 1 tablespoon of the olive oil in a sauté pan over medium heat. Add the green onion and garlic and sauté until soft, 1 to 2 minutes. Add the greens, grains, and remaining 1 tablespoon olive oil and sauté until the greens are wilted and the grains are warmed through, 3 to 5 minutes.

Decrease the heat to low and pour in the egg mixture, gently stirring to combine them with the greens and grains. Continue stirring until they're softly scrambled, 2 to 3 minutes. Remove from the heat, stir in the chives, and season with pepper.

Serve hot with a sprinkling of flaky salt on top, and crusty bread, toasted English muffins, or warm corn tortillas alongside.

Stirring in grated Parmesan cheese or a creamy goat cheese is always nice.

Serves 2

Hoppel Poppel

8 small potatoes
1/4 cup canola oil
2-3 Tablespoons butter
1 cup diced onion
2/3 cup sliced mushrooms
1 cup diced red bell pepper
1 cup diced salami or ham
2 cups chopped raw spinach, chard, arugula or kale
10 large eggs
2 Tablespoons milk
2 Tablespoons chopped Italian parsley
1 cup grated cheese (cheddar, Jack, Swiss, or your favorite)
Salt and pepper to taste

Boil the potatoes until softened, but still firm. Cut into 1/4 inch thick slices.

Add the oil to a large skillet set over medium heat. Add the potatoes and fry, tossing, until they begin to brown. Add the butter. Add the onions, mushrooms, bell pepper and salami. Cook, stirring frequently, until potatoes begin to crisp and vegetables start to soften. Add the greens and stir until they just wilt.

Whisk together the eggs, milk and parsley. Add to the skillet and stir into the vegetables. When the eggs just begin to set, sprinkle with the cheese. Cover and cook without stirring about 5 minutes, until the eggs are set but still moist.

Sprinkle with salt and pepper and serve.

We like it spicy, so I usually add a jalapeno or two when I add the vegetables and serve it with hot sauce.

Serves 4



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Shakshuka—Eggs Poached in Spicy Tomato Sauce

- 1/4 cup olive oil
- 1 red bell pepper, chopped
- 1 jalapeno chile, chopped (or more to taste)
- 1 small yellow onion, chopped
- 2 cloves garlic, crushed then sliced
- 1 teaspoon ground cumin
- 1 tablespoon paprika
- 1 28-ounce can whole peeled tomatoes, undrained
- 1 Tablespoon tomato paste
- Kosher salt, to taste
- 4 eggs
- 1/2 cup feta cheese, crumbled
- 1 tablespoon chopped flat-leaf parsley
- Warm pitas, for serving

Heat oil in a 12-inch skillet over medium-high heat. Add bell pepper, jalapeno and onions and cook, stirring occasionally, until soft and golden brown, about 6 minutes. Add garlic, cumin, and paprika, and cook, stirring frequently, until garlic is soft, about 2 more minutes.

Put tomatoes and their liquid into a medium bowl and crush with your hands. Add crushed tomatoes and their liquid to skillet along with 1/2 cup water and the tomato paste. Reduce heat to medium, and simmer, stirring occasionally, until thickened slightly, about 15 minutes. Season sauce with salt.

Crack eggs over sauce so that eggs are evenly distributed across sauce's surface. Cover skillet and cook until yolks are just set, about 5 minutes. Using a spoon, baste the whites of the eggs with tomato mixture, being careful not to disturb the yolk. Sprinkle shakshuka with feta and parsley and serve with pitas, for dipping.

Serves 2 to 4

Egg & Avocado Salad

A great egg salad with no mayo!

- 6 Hard Boiled Eggs
(peeled and coarsely smashed)
- 2 teaspoons Hot Sauce
(or to taste)
- 1 Celery Rib
(slice in half lengthwise and diced)
- 1 Avocado
(finely smashed)
- 1-2 teaspoons Dijon Mustard
- 1/4 cup sun-dried tomatoes packed in oil, finely chopped
- Pinch of Paprika
- Salt
- Freshly Cracked Black Pepper

Stir together the ingredients in a large bowl. Adjust seasoning to taste with Paprika, Salt and Pepper.

This is great in a sandwich or wrap. I also made deviled eggs with the mixture. I just used the yolks to make the salad and stuffed the whites. Delicious!