

The Fresh Veggie Series

Vine & Fig Educational Outreach Program

This Week's Produce Items:

Swiss chard and cilantro, Lettuce, Salad Mix, Cucumber

Recipe of the week:

Steamed & Sautéed Swiss Chard

Ingredients

- A bunch of Swiss chard
- 1 tablespoon olive oil
- ¼ cup diced red onion
- 2 garlic cloves - minced
- 2 teaspoons lemon zest
- ¼ teaspoon kosher salt
- ½ cup vegetable broth

Directions

1. Separate chard leaves from stems and chop into smaller pieces.
2. Heat oil in a large skillet, add stems and onions. Cook until translucent.
3. Stir in garlic, lemon zest, salt, followed by leaves and vegetable broth.
4. Bring to boil, cover, and cook for 3-5 minutes, until broth has been absorbed. Enjoy!

Cilantro Lime Rice - by Akiel Baker

Ingredients

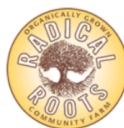
- 1 cup of white rice
- 2 cups of water
- Bunch of cilantro
- 1 lime

Directions

1. Rinse the rice under cold water. Take to a saucepan and add water.
2. Cook on high heat, bring to a boil. Then take to low heat and cook for 15-20 minutes, or until the rice is tender and the water evaporated.
3. Chop the cilantro and mix it with the cooked rice. Enjoy!



vinefigeducation.org/recipes



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