



# Swiss Chard Tian Provençal

**4-6 servings**

## Ingredients

**1 lb Organic Chard (or 1 generous bunch if that's what you have)**

**Organic Olive Oil, as needed**

**1 Organic Leek or 1 Red Onion, chopped (if using a leek, make sure it's cleaned, and only use the white and light green parts)**

**3 Organic Garlic Cloves, minced**

**3 Organic Local Eggs**

**Salt & Pepper to taste**

**4 tsp. Water**

**Bread Crumbs, as needed**

## Preparation

- 1. Chop the chard, both leaves and stems, and then boil the chard for about 15 minutes in lightly salted water. Drain the chard and set it aside.**
- 2. Preheat the oven to 350 degrees. Pour some olive oil into a large skillet. Add the onion and sauté lightly over low-medium heat for 2-3 minutes. Add the garlic, and sauté for another minute. Add the Swiss chard and continue sautéing for 2-3 minutes more, blending the ingredients well. Beat the eggs in a deep bowl, add the salt, pepper, and water. Mix well.**
- 4. Butter thoroughly a long, ovenproof dish. Place the chard mixture in it and spread evenly. Pour the egg mixture on the top and also spread evenly. Sprinkle some breadcrumbs over the top. surface. Place the dish in the oven for about 25-30 minutes. Serve hot.**



# Cantaloupe with Raspberry Sauce

## Ingredients

- 1 Organic Cantaloupe
- 1-3/4 cups Organic Unsweetened Raspberries
- 2 TBLS. Local Clover Honey
- 3/4 tsp. Organic Lemon Juice
- 1/8 tsp. ground ginger

## Preparation

1. **Set aside a few raspberries for garnish. Place the remaining berries in a blender or food processor; cover and process until pureed.**
2. **Add the honey, lemon juice and ginger; cover and blend in. Strain and discard seeds; set sauce aside.**
3. **Cut cantaloupe into wedges or chunks; removing seeds and rind.**
4. **On each dessert plate, place 2 tablespoons raspberry sauce and some cantaloupe. Garnish with reserved raspberries.**