

# Carrboro

# FARMERS' MARKET

locally grown  nationally known

Recipe of the Week

May 19, 2007

Two Recipes from Kelly Clark, Market Staff

## Chard Stalk, Onion and Cucumber “Succotash”

### Ingredients

1 bunch chard stalks\* sliced crosswise in 1/4 inch lengths  
An equal amount of a small onion\*, halved and sliced in 1/4 inch lengths  
An equal amount of greenhouse cucumbers\*, peeled (if you want) seeded and diced  
2-3 tablespoons olive oil  
Salt and pepper to taste

### Procedure

Clean the chard, saving the leaves for another use, or sautéing as a side for this dish. Prepare onion and cucumbers.

Heat 2 tablespoons of olive oil over medium heat. Add chard stalks and sauté for 5 minutes. Add onion; mix well, sauté until onion is soft. Add salt and pepper to taste. Add the cucumbers and toss well. Correct the seasoning.

Serve as a bed for seared scallops or tofu, pork or beef medallions, cut in 1” hunks – 2 or 3 per person.  
Serves 2

## Sugar Snap Peas with Fried Sage Leaves

### Ingredients

1 pint sugar snap peas\*, stemmed  
10 large sage leaves\*, washed and thoroughly dried  
2 tablespoons olive oil  
Sea or kosher salt

### Procedure

Warm 1 tablespoon of olive oil in a sauté pan. When hot, but before it smokes, add sage leaves in a single layer and quickly turn over each leaf. As the leaves darken (this happens *fast*), remove and set to drain on a paper towel. Try to keep the leaves flat during this process.

Add the peas to the pan and sauté of medium high heat, adding a little olive oil if necessary, until done to taste. Add the sage leaves and toss a little. Add sea salt or kosher salt to taste. Serve hot.

Serves 2-3

\*Available at Market

continued on back