



SPRING GREENS SKILLET WITH RAMPS & CHARD

*The broiler is great for fast cooking and finishing dishes to give them a hot, crusty top, and/or to melt cheese. You don't HAVE to use it in this recipe -- i.e., you can skip the broiler step and do the whole dish in the skillet. Add turmeric, and black pepper to boost your immune system!
Use an oven-safe skillet and give it a try!*

Ingredients:

1 bunch chard
1 small bunch ramps, roughly chopped
4 eggs
Goat cheese, to taste
Cold press olive oil, for drizzling
Turmeric, salt & black pepper to taste.

Directions:

1. Preheat the broiler in your oven.
2. Bring a medium pot of water with a few shakes of salt to a boil. Separate the chard stalks from the leaves. Blanch the stalks in the boiling water for 3 minutes, then add the leaves and continue cooking for another 2 minutes. Drain, and run under cold running water. Squeeze the chard dry, then roughly chop.
3. Heat a skillet over medium heat, and add a swirl of oil. Add the ramps, tossing until just slightly wilted, about a minute or two.
4. Add the chard to the skillet, tossing to combine. With a wooden spoon, nudge the greens around in the skillet to make a small crater for each egg. Then add the eggs one at a time into their designated craters. Dot with goat cheese, drizzle lightly with olive oil, and season with turmeric, salt and black pepper. Cook until the eggs begin to whiten.
5. Place in the oven to finish; about a minute will do. Then serve with a fresh whole wheat baguette, or other crusty rustic organic wheat or gluten free bread.

- References: Charlotte Au Chocolate, GrowNYC, Remedios Caseros by Lluís Ripoll.

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RAMPS & EGGS

Ramps are part of the spring folklore of the Appalachian regions of Virginia, Tennessee and North Carolina, where they are foraged from the forests and then used in a traditional dish of scrambled eggs, fried ramps, fried potatoes, bacon and cornbread.

Ingredients:

4 large eggs
2 tbs. of coconut oil
½ cup chopped ramps
1 ounce Gruyère or other cheese, grated
½ cup fresh chopped cilantro (optional)
Salt and cayenne to taste

Directions:

1. Crack the eggs into a bowl, season with salt and cayenne pepper, and beat lightly with a fork.
2. Heat a skillet over medium heat and add the coconut oil. When the coconut oil begins to melt, add the ramps and cook for 30 seconds or so, until softened. Pour in the eggs and stir to incorporate ramps.
3. As the eggs begin to set, tilt the pan and lift the edges of the omelet to allow any uncooked egg to settle to the bottom of the pan. Cook for no more than a minute, then sprinkle the cheese over the eggs.
4. With a spatula, fold the omelet into thirds. Tip the omelet onto a platter seam side down. Serve immediately sprinkling the chopped cilantro you like!

-- References: HGTV, Uptown Grand Central, Remedios Caseros by Lluís Ripoll.

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