

## *Recipes for The Farm at Miller's Crossing, Week 4 – 2009*

*Carol Hargis, The Market Fresh Chef*

### GARLIC SCAPE OMELET serves 2

1 & 1/2 cups chopped GARLIC SCAPES

1/2 cup chopped SCALLION

2 Tbsp. xv OLIVE OIL

1/4 cup hot WATER

S&P

4 large EGGS

Put garlic & scallions in 10" skillet w/ 1 tsp. oil, water & pinch salt. Cook covered on med-hi heat til tender, 5 min. Drain. Beat eggs w/ s&p. Add remaining oil to skillet. When hot, shake skillet to spread greens evenly, add eggs. Cover & cook on med-lo heat til top is set 2-3 min. Serve hot or warm - cut in wedges.



### SUGAR SNAPS w/ LEMON & BASIL serves 4

2 tsp. OLIVE OIL

1&1/4 lbs. SUGAR SNAP PEAS, trimmed

1/3 cup BASIL, coarse chop

1/2 tsp. LEMON ZEST

1/2 LEMON, cut in wedges

Heat oil in skillet on med heat. Add peas, s&p. Stir-fry (hot) til peas are crisp-tender, 3min. Add basil & zest; stir-fry til basil wilts & is fragrant. S&P, serve w/ lemon wedges.



### GREENS & TATSOI SALAD w/ BERRIES & HAZELNUT VINAIGRETTE serves 6

3 tbsp. OLIVE OIL

2 SHALLOTS, chop fine

1/2 cup dried CRANBERRIES, cherries, raisins or "craisins"

4 tbsp. SHERRY VINEGAR

3 tbsp. WATER

1 tbsp. SUGAR

1/2 cup HAZELNUTS, toasted lightly & skinned

1/2 tsp. DIJON MUSTARD

1 tbsp. HAZELNUT OIL, if desired

4 cups FIELD GREENS & 2 cups baby TATSOI (or a combo to your liking)

In pan heat 2 tsp. oil on med til hot not smoking. Sauté shallot til golden. Stir in berries, 3tbsp vinegar, water & sugar & simmer til syrupy 4min. Transfer to bowl, cool to room temp. Toast nuts w/ s&p in skillet til golden 3min. Plate & cool. Whisk mustard, 1 tbsp vinegar, s&p. Whisk in both oils. Toss greens w/ vinaigrette, plate x6. Drizzle berry, nut.



### PATTYPAN SQUASH w/ BASIL & FETA serves 6

1 Tbsp. OLIVE OIL

4 cups small PATTYPAN squash, halved (&/or sm zucchini, slice thick)

2 cups sliced LEEK, (or 1 cup onion, or 1/2 cup shallot)

3 Tbsp. crumbled FETA cheese

2 Tbsp. finely chopped BASIL

Heat skillet med-hi. Add oil. Add squash, leek; sauté 5-7 min til tender. S&p. Platter squash. Sprinkle w/ cheese & basil.

