

THE
Farmers Series
DINNER

Chef Alan Wong Presents: MA`O Farms

Stir Fried Kale

Olive oil

1 onion, chopped

3 cloves garlic, minced

1 cup bread crumbs

3 bunches MA`O Organic Kale - washed, dried, and shredded.

Heat oil over medium-high heat in a large frying pan. Add onions and garlic; cook and stir until soft. Mix in breadcrumbs, and cook and stir until brown. Stir in kale, and cook until wilted.

Serve hot or warm.

Quinoa Chard Pilaf

1 tablespoon olive oil

1 onion, diced

3 cloves garlic, minced

2 cups uncooked quinoa, rinsed

1 cup canned lentils, rinsed

8 ounces fresh mushrooms, chopped

1 quart vegetable broth

1 bunch MA`O Organic Swiss Chard, stems removed

Heat the oil in a large pot over medium heat. Stir in the onion and garlic, and sauté 5 minutes, until onion is tender.

Mix in quinoa, lentils, and mushrooms. Pour in the broth. Cover, and cook 20 minutes.

Remove the pot from heat. Shred chard, and gently mix into the pot.

Cover, and allow to sit 5 minutes, or until chard is wilted.