



MASTERING HEALTHY EATING LOCALLY

By Halle Snavelly, Kitchen Cooking Guru



Halle Snavelly

In middle school my friends made fun of me at lunch for staring at my sandwich and ignoring everyone else. I was mesmerized with how all the different flavors and textures worked together. These days, food is not only something I enjoy, it's also my job.

I started my business One Ingredient Co. two years ago to share my passion for cooking with local farm ingredients and living holistically. I relaunched One Ingredient Co. as a digital

meal plan subscription. Feel free to take a look at my Facebook page-One Ingredient Co.

Around the time I started my business, a friend of mine suggested I talk with Tiffany and Neil Mentzer from Harvest Bell Farm. It turned out I grew up with Tiffany Mushrush, now Mentzer. Since

then, I've visited Tiffany many times at her farm on Bell Road where she raises laying hens, turkeys and hogs as well as crops and flowers during the summer.

Like many local farm ingredients, Tiffany's eggs often look different than those you find at the grocery store (this is a good thing). Her chickens' diet of fresh pastured grasses, insects and vegetable scraps give the egg yolks a bright orange color, the shells can be blue, green or various shades of light brown, and the flavor is incredibly rich.

This following recipe was made using Tiffany's eggs and was included in one of our recent One Ingredient Co. meal plans.



Tiffany Mushrush Mentzer of Harvest Bell Farm with two of her prized hogs

SKILLET-BAKED EGGS WITH SWISS CHARD, YOGURT AND CHILI BUTTER

Serves 2 large portions or 4 small portions



INGREDIENTS:

- 2 TBSP butter, divided
- 2 TBSP olive oil
- 1 large leek, chopped
- 2 scallions, chopped
- 2 bunches Swiss chard, leaves removed from stems, cut leaves into 1-inch strips, stems cut into 1-inch pieces
- 1 tsp lemon juice
- 4 Harvest Bell Farm eggs
- 1 tsp fresh dill, chopped
- 1/4 tsp crushed red pepper
- 1 small tub plain Greek yogurt

DIRECTIONS:

Preheat the oven to 300°F. Melt 1 TBSP butter and 2 TBSP oil in a large cast iron skillet over medium heat. Add the leeks and scallions and a large pinch of salt and

toss to combine. Reduce heat to low and cook until soft, about 10 minutes. Add the Swiss chard and lemon juice, then increase heat to medium high and cook for about 4-5 minutes, tossing frequently, until wilted.

Make 4 deep indentations in the center of the Swiss chard. Carefully break 1 egg into each hollow, making sure you don't break the yolk. Bake until the egg whites are set, about 10 minutes.

Melt remaining 1 TBSP of butter in a small saucepan over medium-low heat. Add crushed red pepper and a pinch of salt and cook until the butter starts to foam, 1-2 minutes. Add dill and cook for 30 more seconds.

Divide Swiss chard and eggs among bowls. Top with the yogurt and drizzle with the chili butter.

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