

LEMONY CHARD PASTA WITH BROWN BUTTER

Brown butter is one of the most delicious ways to season a pasta dish! When you brown butter, you warm it up so the milk solids in the butter caramelize and deepen in flavor and color! We mix this with garlic and lemon for a match made in heaven for any pasta! Replicate this same technique with other pasta shapes and add your favorite proteins!



Ingredients

- 1 bunch of chard
- 1 package spaghetti
- 1 lemon
- 4-6 cloves of garlic

From your pantry

- 1 Tbsp. honey
- 2 Tbsp. butter (optional)
- Oil
- Salt and pepper

Equipment:

- Medium pot
- Large skillet

PREPARATION: 10 MIN

COOKING: 30 MIN

READY IN: 40 MIN

MAKES 6 SERVINGS

Directions

*Read through entire recipe before getting started.
Wash and dry all produce.*

1. Bring 6 cups salted water to a boil in a medium pot. Remove bottom inch from chard and discard. Cut **chard** leaves from stems and keep separate. Take the stems and dice small. Stack the leaves and cut into thin strips. Zest and juice **lemon**. Mince or grate **garlic**.
2. Add **pasta** to boiling water and cook for 8-10 min until al dente. Reserve 3/4 cup pasta water. Strain and set pasta aside.
3. In a large skillet heat 1 Tbsp. oil. Add chard stems and sauté for a few minutes. Add garlic, butter (optional) and a pinch of salt and pepper. Cook for a few minutes until garlic begins to brown. Add **pasta water, honey and lemon juice**. Mix to incorporate. Bring to a simmer and add cooked spaghetti.
4. Toss spaghetti in garlic butter, add chard leaves and lemon zest. sauté for a few minutes until chard leaves have wilted. Taste and adjust salt and pepper. Divide in bowls and serve!

Tips, Tricks, and Terms



THE FRESHEST GREENS

Whether your greens are straight from the garden, fresh from the farmers market, or ready to go from the grocery store, here are some quick tips to keep them fresh and flavorful!

- Rinse your greens then dry dry dry them!
- Prep them by chopping or breaking them down into pieces.
- Wrap them loosely in a damp cloth or paper towel and store in an airtight bag in the fridge.
- Make sure there is air inside of the bag before you close it!
- Remember greens don't last forever, so use 'em up and store what you need.



A little about..

CHARD: a leafy green belonging to the same family as beets and spinach, its leaves and stalks provide an abundance of vitamins, minerals and powerful plant compounds that help fight disease.

LEMON ZEST: Add it to pastas, baked goods, salad dressings, or fried foods to brighten and lighten the dish. Avoid the white pith when grating. It's bitter and doesn't carry the same bright flavor.

GROWER SPOTLIGHT

Lenny Xiong Farm is part of a 40-acre plot near Cannon Falls, MN with two other Hmong growers. He grows a wide variety of fruits and vegetables, including strawberries and rhubarb, as well as tomatoes, cucumbers, potatoes, eggplant, and sugar snap peas and dahlias. Lenny uses a tractor and other farm machinery, but does most planting by hand. He sells produce at the Minneapolis Farmers Market every week.



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