



A PROGRAM OF NATIVIDAD

## Farmer's Market Hash

The beauty of a hash is that you can virtually add anything you like. Our Farmers' Market Hash recipe is meant to be a guide for you to pick and choose what you like from the market. And the best part, it's good for you!

### INGREDIENTS

- 2 tablespoons extra virgin olive oil
- ½ of a medium red onion diced
- 2 teaspoons finely minced garlic, roughly 2 cloves
- 1 teaspoon kosher or sea salt
- ½ teaspoon pepper
- ¼ teaspoon hot chili flakes \*use as much or as little as you like
- 1 pound sausage (we like using a lean chicken sausage) \*remove sausage from casing if needed
- ½ bunch cilantro chopped, plus extra for garnish \*feel free to substitute herbs or use as little or as much as you like
- 1 small bunch carrots (we used rainbow carrots) cut into one inch dice
- ½ pound cremini mushrooms sliced
- 2 cups of cooked shelling beans or 1, 14.5 ounce can of black beans drained
- 2 zucchinis diced into ½ inch cubes
- 1 bunch of dark leafy greens, such as swiss chard, cleaned, dried and roughly chopped \*sometimes you can find a mixture of baby spinach, kale and swiss chard; which is what we use, about ½ a pound.
- squeeze of lemon juice

### DIRECTIONS

1. Begin by heating olive oil in a large non-stick skillet over medium-high heat. Add the carrots and lightly brown for 5 minutes, stirring occasionally.
2. Add the sausage into the pan and break it apart with the back of wooden spoon before adding the onions, mushrooms, zucchini, salt, pepper, chili flakes and chopped cilantro to the mixture. Continue cooking for another 5 to 7 minutes or until the sausage is fully cooked.
3. Add the beans and the leafy greens to the mixture and heat through, this should take 2 to 3 minutes.
4. Finish the dish with a squeeze of lemon juice and garnish with cilantro. Enjoy!

Serves 4



Chef Annie Hobbs is the owner  
of A Taste of Elegance