

**Curried Yogurt Saag with Feta & Black Eyed Peas
and Roasted Carrots & Mushrooms**

2 SERVINGS | HANDS ON TIME: 10 minutes | TOTAL TIME: 45 minutes

Kitchen Pride Crimini Mushrooms, washed immediately before use
Johnson's Backyard Garden Carrots, washed, stem end trimmed, peeled (optional)
Farmshare Austin Swiss Chard, washed
Bee Tree Farm & Dairy Feta Cheese
Gulf Pacific Brown Rice
Phoenicia Deli & Bakery Whole Wheat Pita
Farmhouse Kitchen-prepared Gundermann Acres Black Eyed Peas
Farmhouse Kitchen Curried White Mountain Yogurt
Sea salt and fresh cracked black pepper
Olive or vegetable oil

Preheat the oven to 425°F and adjust the oven rack to the middle position. Set the curried yogurt on the kitchen counter to reach room temperature while you prepare the meal.

STEP 1 Bring 8 cups of water to a boil in a large saucepan. When the water reaches a boil, add 1 tbsp. salt and brown rice. Boil the rice, stirring occasionally, until tender, approximately 35-40 minutes. Taste the rice to see if it's cooked to your preferred texture. Cook for an additional 5 minutes, if needed. Drain well and return to pot. Keep covered until ready to serve.

STEP 2 While the rice is cooking, prepare the vegetables. Discard the large, woody stems from the Swiss chard. Roughly chop the leaves into small pieces (about 1-2"). Chop the carrots on a bias into approximately 1/2" pieces. Quarter or halve the mushrooms, depending on size.

STEP 3 Add the carrots to a large baking sheet. Drizzle with 1-2 tbsp. oil and season with 1/2 tsp. salt and pepper. Toss to coat. Roast the carrots for 10 minutes. Add the mushrooms. Drizzle with an additional 1 tbsp. of oil and 1/4 tsp. salt. Toss the carrots and mushrooms to coat. Continue roasting for 5-10 minutes or until the carrots are tender and the mushrooms are browned and have shrunk in size.

STEP 4 While the vegetables are roasting, place a large saute pan with 1 tbsp. oil over medium heat. Add the chard and season with 1/2 tsp. salt and pepper. Saute for 2-3 minutes until wilted. Add the black eyed peas and stir to combine. Continue cooking for 3-5 minutes until the black eyed peas are heated through. Remove the pan from the heat and pour in the curried yogurt. Fold the chard and black eyed peas in the yogurt until coated and warmed through. Loosen the sauce with a few tablespoons of water, if preferred. Season with salt and pepper to taste.

STEP 5 Toast the pita bread in the oven for 2-3 minutes until soft and warm. Cut into triangles.

STEP 6 To serve, spoon the brown rice into the serving bowls. Add the roasted carrots and mushrooms over the rice. Top the roasted vegetables with the curried yogurt chard and black eyed peas. Garnish with feta cheese and pita triangles. Enjoy!