

ON THE MENU

FEATURED

VENDOR:

[RYE CO-OP](#)
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- Sausage, Potato and Swiss Chard Soup
- Vegetable Frittata with Asiago Cheese
- "Why Bake When Its Already Made" Dessert

Starters

SAUSAGE, POTATO AND SWISS CHARD SOUP

- 1 lb Italian sausages—[Hurd Farm](#)
- 1 Tbsp extra virgin olive oil
- 1 onion, chopped
- 2 garlic cloves, minced
- 3 cups cubed peeled potatoes
- 1/2 tsp dried Italian herb seasoning
- 1/2 tsp pepper
- 1/4 tsp hot pepper flakes
- 3 cups water
- 1 cup sodium-reduced chicken stock
- 2 cups coarsely chopped Swiss chard leaves
- 1/2 cup shaved Parmesan cheese

1. Cut sausage into 1-inch pieces. In large saucepan, heat oil over medium-high heat; brown sausage. Transfer to bowl. Drain fat from pan.
2. Add onion, garlic, potatoes, Italian herb seasoning, pepper and hot pepper flakes to pan; fry over medium heat, stirring occasionally, until onion is softened, about 5 minutes.
3. Add water and stock; bring to boil. Return sausage to pan; reduce heat, cover and simmer until potatoes are almost tender, about 7 minutes.
4. Add Swiss chard; simmer, covered, until tender, about 5 minutes. Top with Parmesan cheese.



Main Course

VEGETABLE FRITTATA WITH ASIAGO CHEESE

- 1 1/2 tps olive oil
- ★ 1 medium-size red onion, chopped
- ★ 1 red bell pepper, coarsely chopped
- ★ 1 medium zucchini, chopped
- ★ 2 cups (packed) spinach leaves, torn into 1-inch pieces
- ★ 3 large eggs
- ★ 6 large egg whites
- 1/2 tsp salt
- 1/4 tsp ground black pepper
- 1 oz shaved Asiago cheese
- ★ 1 cup chopped tomatoes
- ★ 1 Tbsp chopped fresh basil



Directions:

Preheat broiler. Heat olive oil in 10-inch-diameter non-stick skillet over medium-high heat. Add onion and bell pepper; sauté until golden, about 8 mins. Add zucchini; sauté until tender, about 5 mins. Add spinach; stir until wilted, about 1 min. Season with salt and pepper. Whisk eggs, egg whites, salt and pepper in medium bowl to blend. Pour egg mixture over hot vegetables in skillet; stir gently to combine. Reduce heat to medium-low. Cook without stirring until eggs are set on bottom, about 5 mins. Sprinkle cheese over frittata. Broil until cheese melts, about 2 mins. Sprinkle with tomatoes and basil.

Find your starred items (greens, veggies, and eggs at the [Rye Farmers Group \(Co-Op\)](#); If you can't find an ingredient, try our other veggie vendors.

Don't forget to pick up your favorite wine from [Jewell Towne Vineyards](#).

And dessert always goes great with [Port City Coffee Roasters](#).

Dessert

WHY BAKE WHEN ITS ALREADY MADE

That's right...On these hot summer days, why should we worry about baking when we have fabulous options to choose from with our very own [Rye Bakers](#)!

Whether its chocolate chip, ginger, or lemon cookies, or even scones you are craving...you can be creative and make your own easy and quick desserts without ever turning on the oven. Here are some ideas...

Cookie sandwiches

- 2 of your favorite cookies —[Rye Bakers](#)
- 1 scoop of your favorite ice cream

Place one cookie, bottom side up, on your dish; add a scoop of ice cream, place the other cookies on top...and you have yourself a yummy sandwich that took seconds to put together.

Scones and more

- 1 scone per person—[Rye Bakers](#)
- 1 Tbsp of your favorite jam from [Jammed](#)
- 1 Tbsp of whipped cream

Slice your scone in half; add the jam and cream to each piece and enjoy. An alternate idea for a filling is to use fresh fruit from [Applecrest](#).



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