

Sara's Summer Burritos

2 Tbsp olive oil
1 onion – diced
3 cups cubed patty pan and/or zucchini - No need to peel or seed just cut off ends. Cubes ~ ¾ inch
1 bell pepper - diced
1 hot pepper - diced (optional)
1 ½ tsp chili powder
1 tsp cumin
2 tomatoes – diced, leave the skins and seeds
5 chard leaves - cut into strips
2 cups cooked black beans
whole wheat tortillas
avocado (optional)
cheddar cheese (optional)
sour cream (optional)

- In a large skillet heat oil then add onion and saute for about 5 minutes over medium high heat until translucent.
- Add patty pan and/or zucchini and peppers and saute stirring occasionally until just beginning to get slightly soft (about 5 minutes but depends on size of cubes).
- Add chili powder and cumin and stir for 15 seconds.
- Add tomatoes and simmer until they are slightly reduced and vegetables are soft but not mushy about 10 minutes. I like mine slightly crunchy so I cook for less time - it is your choice.
- Add chard and black beans and heat thru only a couple of minutes.
- Serve with Tortillas and toppings.



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