

## Instructions for submitting GVG cookbook recipes:

- Recipes must include ingredients that are grown locally in the GVG gardens or in your Sonoran yard.
- Use the following abbreviations for measurements:
  - tsp ~ teaspoon
  - T ~ tablespoon
  - cup
  - qt ~ quart
  - lb ~ pound
- The format we prefer is:
  - Title
  - Your name
  - Ingredients
  - Directions
  - Servings
  - Comments

**Important:** Do not submit any recipe that is *identical* to a recipe from a copyright source. Recipes must be original or *modified* from a published one. *Modifications can include: new title, slight change of ingredient amount, substitution of one or more ingredients, changes in instructions, etc.*

### SAMPLE RECIPE

#### Baked Swiss Chard Lorna Mitchell

##### Ingredients:

12 large leaves of Swiss Chard, torn into small pieces  
1 small onion, finely chopped  
1/4 cup fresh pepper, finely chopped  
3 T butter  
2 eggs, slightly beaten  
1/2 cup grated Cheddar cheese

##### Directions:

Preheat oven to 350 F.

Saute onion and pepper in butter till tender. Add chard and stir to coat in butter, cook about one minute or until wilted.

Pour mixture into buttered pie pan and pour eggs over the top; stir with fork to coat. Spread cheese over the top and bake for 20 - 25 minutes or until firm.

Servings: 2 to 4

##### Comments:

Swiss Chard is an easily grown, cool season vegetable. Chard has highly nutritious leaves making it a popular addition to healthful diets. Many plot holders at both Ogden and Desert Meadows Park grow this vegetable in their plots during the winter months.