



Rocky Creek Valley Farm

CHICKWEED

Stellaria media

Stir-Fry Chickweed

This is a super quick side dish for meat and a great dressing for pasta.

10 cups chickweed

Sesame oil

Sesame seeds

Roasted pecans

Sauce:

2 T balsamic vinegar

1 T sesame oil

2 cloves garlic-minced

1 T sesame seeds-toasted

½ T honey – local is best!

Stir-fry the chickweed in oil then add the roasted nuts. Mix sauce ingredients and drizzle over stir-fried chickweed.