



Rocky Creek Valley Farm

## CHICKWEED

*Stellaria media*

### **Grilled Cheese & Chickweed Sandwich**

Butter the outside of 2 slices of bread.

Mayonnaise the inside of both slices.

Place fresh chickweed on mayonnaise side of bread

Add slice of favorite cheese—goat cheese is great! Or kefir cheese.

Add sliced Kalamata olives

Top with 2<sup>nd</sup> slice of bread—butter on the outside!

Grill until golden brown on both sides

Delicious, delightful and healthy!!