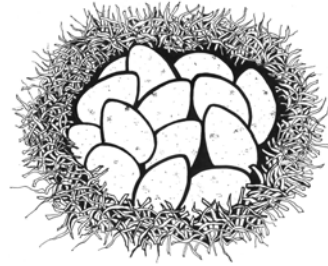


ANIMAL, VEGETABLE, MIRACLE

A Year of Food Life

Barbara Kingsolver with Steven L. Hopp and Camille Kingsolver



EGGS IN A NEST

(This recipe makes dinner for a family of four, but can easily be cut in half.)

2 cups uncooked brown rice

Cook rice with 4 cups water in a covered pot while other ingredients are being prepared.

Olive oil – a few tbsp

1 medium onion, chopped, and garlic to taste

Sauté onions and garlic in olive oil in a wide skillet until lightly golden.

Carrots, chopped

½ cup dried tomatoes

Add and sauté for a few more minutes, adding just enough water to rehydrate the tomatoes.

1 *really large* bunch of chard, coarsely chopped

Mix with other vegetables and cover pan for a few minutes. Uncover, stir well, then use the back of a spoon to make depressions in the cooked leaves, circling the pan like numbers on a clock.

8 eggs

Break an egg into each depression, being careful to keep yolks whole. Cover pan again and allow eggs to poach for 3 to 5 minutes. Remove from heat and serve over rice.

