

## FARMER'S MARKET SWISS CHARD

1 red onion, thinly sliced  
¼ teaspoon salt  
¼ teaspoon sugar  
1 tablespoon rice vinegar  
1 tablespoon water  
1 bunch (about 6 to 8 leaves) chard,  
stems removed, coarsely chopped  
3 tablespoons olive oil  
grated rind of ½ lemon  
2 to 3 tablespoons lemon juice  
2 cloves garlic, minced  
½ cup chopped Italian parsley  
1 teaspoon chopped fresh oregano  
salt and freshly ground pepper to taste

**GARNISH:**  
grated Asiago or Parmesan cheese

✿ In a small bowl, combine onion with salt, sugar, vinegar, and water. Set aside for 30 minutes, stirring once or twice. Drain.

Place chard in a large skillet or saucepan with 1 cup of water and heat to boiling. Reduce heat and cook covered over medium heat until the chard is tender-crisp, about 8 minutes. Drain off any remaining liquid. Add onions and all remaining ingredients and toss with chard. Continue cooking 3 to 4 minutes, or until liquid is gone. Add salt and pepper to taste. Garnish with cheese. Serve warm or at room temperature.

Serves 4

## CHARD IN DIJON MUSTARD SAUCE

Another great tasting way to enjoy fresh-picked chard as a featured part of any meal.

2½ tablespoons vegetable or olive oil  
2 small bunches of scallions, chopped  
2 small cloves of garlic, finely chopped  
½ lb mushrooms, sliced  
1 pound fresh chard, finely shredded  
1 tablespoon Dijon mustard

✿ Heat oil in a large skillet or wok. Sauté the scallions and garlic for 2 minutes until softened and tender. Add mushrooms and cook 4 to 5 minutes more. Add chard, cover, and cook over low heat for about 5 minutes, or until chard is tender but still crisp. Mix in mustard and heat 1 to 2 minutes more. Stir and serve immediately.

Serves 4 to 6



## GREEK-STYLE STUFFED CHARD

These vegetable, rice, and nut stuffed chard bundles are as beautiful to look at as they are totally delicious to eat. Plan on everyone having second helpings.

**FILLING:**  
3 tablespoons olive oil  
2 cloves garlic, minced  
2 medium onions, chopped  
1 stalk celery, finely chopped  
1 cup uncooked rice  
½ teaspoon salt  
¼ teaspoon fresh ground pepper  
2 tablespoons chopped fresh dill leaf  
⅓ cup chopped parsley  
⅓ cup toasted chopped almonds, walnuts  
or pinenuts  
¼ cup lemon juice  
1½ cups water  
¼ cup feta or Parmesan cheese

16 to 18 large chard leaves, with stems  
removed and reserved  
2 carrots sliced into ¼-inch rounds  
1 cup chicken stock  
¼ cup lemon juice  
1 cup tomato juice  
2 tablespoons good fruity olive oil

**TOPPINGS:**  
Combine ½ cup fresh plain yogurt and  
½ cup low-fat sour cream  
2 chopped fresh tomato

✿ Filling: Heat olive oil in a medium skillet. Add garlic, onions, and celery and sauté until softened. Stir in rice and cook slowly over low heat for 5 minutes, stirring frequently. Add salt, pepper, dill, parsley, nuts, ¼ cup lemon juice, and water, mixing until combined. Cover and simmer for about 10 minutes until all the liquid is absorbed. Set this filling aside. When slightly cool, mix in cheese.

Immerse the chard leaves, 4 or 5 at a time, in a pot of boiling water for 2 minutes or until limp. Remove with a slotted spoon and drain well. Repeat with all the leaves and drain. Lay chard leaves out flat. Mound 3 tablespoons of the filling on the center of each leaf. Fold sides of leaf over center, then fold top and bottom down. Roll each leaf into a compact bundle. (Can be made ahead up to this point.)

Finely chop reserved chard stems and arrange them over the bottom of a large skillet. Lay chard bundles on top, seam-side down. Top each with a carrot slice. Combine chicken stock with remaining ½ cup lemon juice and tomato juice and pour over chard. Sprinkle 2 tablespoons olive oil over the top. Bring to a boil, then cover and simmer 15 minutes.

Serve with separate bowls of yogurt/sour cream mixture and chopped tomatoes to pass for topping.

Serves 6 to 8