

# Greens 'n' Beans with Seared Corn Salsa



Terrific flavors abound tonight as you treat your body well before the upcoming Thanksgiving Feast. A plate of greens is served with pinto beans, seared corn and tomato salsa. It is served over a bed of nutritious bulgur and topped with shredded cheddar cheese.

Don't get me wrong, I love Thanksgiving! However, eating nutritiously before the holiday just helps me love it even more.

**Preparation time:** 45 minutes - **Servings:** 2

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize ingredients so they are easy to add. Prep 2 cloves of chopped garlic today: 1 for the salsa and 1 for the chard. Also prep a total of 1 C. sweet onion: 1/2 C. coarsely chopped for the salsa and 1/2 C. chopped for the chard.

### Bulgur

1 C. bulgur  
plus  
2 C. water

### Sautéed Chard with Pinto Beans

1 tsp. olive oil  
½ C. white wine  
¾ C. low-sodium vegetable broth  
3 T. balsamic vinegar  
1 tsp. low-sodium soy sauce  
1 tsp. chili powder  
1 clove garlic (smashed and chopped)  
1/2 C. sweet onion (chopped)  
1 bunch Chard (Washed – stems and leaves chopped separately)  
  
one 15 oz. can pinto beans (drained and rinsed)  
  
juice from 1/2 of a lime

### Seared Corn Salsa

#### Quick, Low-sodium Tomato Salsa:

1 clove garlic (smashed and chopped)  
1/2 C. sweet onion (coarsely chopped)  
1 jalapeno pepper (seeded and coarsely chopped)  
1 Anaheim pepper (seeded and coarsely chopped)  
¼ C. cilantro leaves  
1 lime  
pinch of salt  
  
one 15 oz. can no-salt diced tomatoes

#### Seared Corn Salsa:

3 tsp. canola oil  
1 C. frozen corn  
2/3 C. low-sodium tomato salsa (from above)

### Garnish

4 T. extra-sharp cheddar cheese (shredded)

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

just follow the sequence below. You'll be calling folks to the table in 30 minutes.

### Bulgur

Place bulgur in water in medium saucepan. Bring to a hard boil, turn off heat, cover, leave on the burner and let stand 20-30 minutes.

### Seared Corn Salsa

#### Quick, Low-sodium Tomato Salsa:

Chop all ingredients (except diced tomatoes) in a food processor until finely chopped. Add diced tomatoes and pulse a few times to mix.

#### Seared Corn Salsa:

1. Heat canola oil in a medium sauté pan until oil shimmers. Add frozen corn and toss until corn begins to brown.
2. Measure and stir the Low-sodium Tomato Salsa together with the seared corn. Remove from heat and let stand.

### Sautéed Chard with Pinto Beans

1. Place oil, wine, broth, vinegar, soy sauce and chili powder in large sauté pan and bring to boil.
2. Add garlic, onions and chopped stems from greens. Bring to hard boil, reduce heat to medium and cook 10 minutes.
3. Add chopped leaves from greens and 1 C. of drained beans to mixture. Toss over medium-high heat 2 minutes. Remove from heat and serve.

### Plate the Meal

1. Pack 2/3 cup bulgur into a soup ladle to shape and turn it out onto each dinner plate.
2. Divide cooked greens between plates, leaving the dome of bulgur visible.
3. Drizzle each serving of greens with lime juice.
4. Spoon 1/2 of the corn salsa over each plate of greens.

Garnish: Sprinkle shredded cheddar cheese over each serving.

### What I've Learned from this Recipe

Searing the corn brings a rich flavor forward as the sugars in the corn begin to caramelize. It makes a very tasty salsa.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)

