

Chard with Dried Cherries and Almonds



You'll be keeping things in a lighter vane today as the Thanksgiving Holiday approaches. Today, chard with dried tart cherries and toasted almonds is served over wholesome bulgur.

Sliced Chickenless Tenders and crumbled Gorgonzola cheese finish the plate.

Preparation Time: 40 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients so they are easy to add. Be sure to toast the sliced almonds as part of the prep.

Bulgur

1 C. uncooked bulgur
plus
2 C. water

Plant-based Choice or Optional Chicken

Plant-based Choice:

1 tsp. olive oil
4 chickenless tenders (sliced)

Optional Chicken Breast:

1 tsp olive oil
1 chicken breast (sliced)
1/2 C. white wine
salt and pepper to taste

Chard with Dried Cherries and Almonds

1 tsp. olive oil
1/2 C. white wine
1/2 C. low-sodium vegetable broth
2 T. balsamic vinegar
1 tsp. low-sodium soy sauce
2 cloves garlic (smashed and chopped)
1/2 C. yellow onion (chopped)
1 bunch Chard (stems and leaves chopped separately)

2/3 C. red bell pepper (chopped)
1/3 C. dried tart cherries

Garnish

1 T. crumbled Gorgonzola cheese
4 T. sliced almonds (toasted)

Start
by
Putting Bulgur on to Cook
and
Preheat oven to 375°!

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Bring the bulgur and water to a hard boil. Turn off heat, cover and let stand on burner until you're ready to serve the meal.

Plant-based Choice or Optional Chicken

Plant-based Choice:

Place Chickenless tenders on an oiled cookie sheet in the preheated 375° oven for 15 minutes. Turn after 8 minutes. Allow to cool and slice before serving.

Optional Chicken:

1. Brown chicken breast on all sides in oil over medium-high heat.
2. Add wine to pan, reduce heat to medium-low, cover and cook 10 minutes.
3. Turn several times.
4. Season with salt and pepper to taste. Remove from heat. Let cool. and thin slice.

Greens with Pear and Dried Cherries

1. Place oil, wine, broth, vinegar and soy sauce in large high-sided sauté pan and bring to boil.
2. Add garlic, onions and chopped chard stems. Reduce heat to medium low and cook 10 minutes.
3. Add red peppers and dried cherries. Return to hard boil. Reduce heat to medium and cook 2 minutes.
4. Add chopped leaves from greens to stems/onion mixture. Toss for 2 more minutes.

Plate the Meal

1. Pack 2/3 C. bulgur into a ladle or small bowl to give it shape and turn out on each dinner plate.
2. Divide greens over and around the bulgur.
3. Arrange sliced tenders or optional chicken over greens.
4. Garnish with 2 tsp. crumbled Gorgonzola and 1/2 of the toasted almonds per serving.
5. Drizzle leftover liquid from pan over bulgur.

What I've Learned from this Recipe

Gorgonzola cheese comes from Italy and is made with sheep milk. Blue Cheese has French roots and is made with cow milk. It's not always easy to find Gorgonzola cheese. Blue Cheese crumbles also work well in this recipe.

Let us know what you think, and ask any questions you may have! chezdon@plate6.com

