

Asian Greens with Fresh Mango



Here's another great greens recipe. You'll use fresh mango and Asian-style seasonings to create this one-dish meal.

Use leftover Marinated Grilled Tofu, or the commercial Asian-style baked tofu, with this dish. The greens are easy to prepare and served over high-protein quinoa. The fresh flavors are just what the doctor ordered on a cool winter night

Preparation time: 35 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize all ingredients on small plates or in bowls. It makes the recipe easier to cook.

Quinoa

1 C. uncooked quinoa
plus
2 C. water
Use 1-1/3 C. cooked quinoa tonight

Final Items and Garnish

juice from 1/2 of a lime
3 T. sliced almonds (toasted)

Sautéed Greens

2 tsp. sesame oil
1 tsp. low-sodium soy sauce
3/4 C. low-sodium vegetable broth
2 T. rice wine vinegar

1 clove garlic (smashed and chopped)
1/3 C. chopped onion
1 bunch chard (stems and leaves chopped separately)

2 squares leftover Marinated Grilled Tofu
- or -
1 package Asian-style baked tofu (broken into pieces)
1 fresh mango (peeled and chopped)

*But First!
Put Quinoa
on to Cook!*

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Greens are very simple to prepare as a one-dish meal. Most of the work is done once you've completed the prep. Just follow the sequence below.

Quinoa

Quinoa is actually a seed, but it's been used as a staple grain for centuries. It's simple to cook.

1. Measure quinoa and water into a small saucepan.
2. Bring to a boil, cover, turn off heat and leave on the burner until you're ready to dine.

Sautéed Greens

1. Measure sesame oil, soy sauce, broth and vinegar into a large, heavy-bottomed kettle.
2. Bring to a boil and add garlic, onion and chopped chard stems. Reduce heat to medium and cook for 10 minutes.
3. Drop chopped leaves from greens and tofu into pan and toss for about 2 minutes. Remove from heat.

Plate the meal

Measure 2/3 C. cooked quinoa into a soup ladle and pack it to make a dome shape. Place a dome of quinoa in the center of each dinner plate.

Add mango pieces to greens and return to a boil. Remove from heat as soon as it begins to bubble.

Divide greens/mango over and around quinoa dome so that one can still see the top of the dome.

Drizzle each plate with lime juice and top with toasted almonds. Serve.

What I've Learned from this Recipe

I cook both the stems and leaves of dark leafy greens as they're both loaded with nutrients. The stems just need a little more time in the pan to get tender. That's why I cook the chopped stems with the garlic and onion for 10 minutes before adding the leaves of the greens of choice.

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

