

Greens, Roasted Potato Crisps and Tzatziki Sauce

Tonight, sauteéd greens with a Mediterranean accent are featured on your dinner plate. Chard is the green varietal used in this recipe, but beet greens mixed with a little kale works well too.

Crispy potato rounds provide a hearty structure to this flavor profile. The greens are presented with sliced Chickenless Tenders and served with cool and tangy tzatziki sauce. A dusting of feta cheese finishes the plate. Zito!

Preparation time: 45 minutes - Serves: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients so they are ready to add as the recipe calls for them. Cooking's more fun when you're organized. Prep a total of 1 C. of coarsely chopped sweet onion tonight: 1/3 C. for the tzatziki sauce and 2/3 C. for the greens.

Crispy Potato Rounds

2 medium red potatoes (thin sliced)
1 T. white vinegar
1 C. water

2 tsp. olive oil
pinch of salt

Tzatziki Sauce

1 medium-sized cucumber (peeled, seeded and quartered. To seed, slice in half lengthwise and drag a spoon through the center.)

1/3 C. sweet onion (coarsely chopped)
2 T. fresh dill (chopped)

1/2 C. plain, nonfat yogurt
2 T. lemon juice
1/4 tsp. Asian Pepper sauce
1 T. olive oil

Plant-based Choice or Optional Chicken

Plant-based Choice

5 Chickenless Tenders
1 tsp. olive oil
- or -

Optional Chicken:

1 boneless, skinless chicken breast
1 tsp. olive oil
1/2 C. white wine
salt and pepper to taste

Sauteéd Greens

3/4 C. low-sodium veggie broth
1/2 tsp. salt
2 T. balsamic vinegar
1 clove garlic (smashed and chopped)
2/3 C. sweet onion (coarsely chopped)
1/2 C. fennel bulb (thin-sliced)
1 large bunch chard (stems and leaves chopped separately)

Garnish:

4 tsp. crumbled feta cheese

Preheat oven to
400°

Let's Prepare, Cook, and Plate This!

Crispy Potato Rounds

Thin slice potatoes using a food processor or mandolin and place in a bowl with the vinegar and water. Once everything is prepped, drain the potatoes, pat dry and place on two oiled cookie sheets. Bake potatoes 15 minutes per side in a 375° oven. or until browned. Use a timer to keep track of the cooking process. The potatoes should be brown and crispy when cooked. When you turn the potatoes put the tenders in to cook during the final 15 minutes of cooking.

Tzatziki Sauce

1. Place seeded cucumber and all other tzatziki sauce ingredients in a food processor and pulse until well blended and chopped.
2. Use 1/2 C. tzatziki sauce per serving tonight.
3. Store leftover sauce in a jar with a tight-fitting lid. Keep in fridge. (Tzatziki is terrific on meats, sandwiches and salads.)

Plant-based Choice or Optional Chicken

Plant-based Choice:

Place tenders on cookie sheet next to the potatoes when the timer sounds. Cook tenders a total of 15 minutes at 375°. Turn the tenders after 8 minutes and reset timer for 7 minutes. Remove from oven. Allow to cool slightly and slice.

- or -

Optional Chicken:

Brown chicken breast in oil. Add 1/2 C. white wine to pan, cover and cook 5 minutes per side over medium-low heat. Salt and pepper to taste. Let cool and slice.

Sauteéd Greens:

Sauteéd Greens/Plate Meal

1. Place broth, salt, balsamic vinegar, garlic, onion, fennel and chopped stems from greens in large kettle over high heat. Bring to a boil, reduce heat to medium and cook 10 minutes.
2. Add chopped chard leaves and toss another 2 minutes.

Plate the meal:

1. Set 6 crisp potato rounds aside and divide remaining crisps between two dinner plates. Arrange crisps in a wreath-like ring on the plates and spoon cooked greens into the center of each plate. Top with Tenders or optional chicken. Sprinkle with a couple teaspoons of crumbled feta cheese. Stand 3 potato crisps vertically on top of each serving of greens.
2. Spoon 1/2 C. tzatziki sauce per serving into a small ramekin or bowl and place on dinner plates next to the greens and potatoes. Diners can spoon sauce over greens as desired.

What I've Learned from this Recipe

Placing the sliced rounds in acidic water will help preserve their color and contribute to their crispness when cooked. This recipe also works well with beet greens.

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