

Asian-style Chard with Mandarin Oranges

Tonight your dinner plate will feature chard. These dark leafy greens have been adopted and adapted as a food source by nearly every culture on earth.

You'll serve it over quinoa, (pronounced "keen-wa"), an ancient grain from the Andes that is very high in protein.

This recipe also calls for Mandarin orange sections. Look for them under other aliases like Satsuma, tangerines or clementines making sure they're the seedless variety. (You can also use canned Mandarin oranges.)

Preparation time: 35 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize your ingredients on small plates or in bowls. It makes the recipe easier to cook. You'll find prep items in "Sautéed Greens" box and "Garnish" box. Toast almonds as part of prep.

Quinoa

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

Final Items and Garnish

2 mandarin oranges (peeled and sectioned)
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)

1 package Asian-style baked tofu (broken into pieces)

*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 as instructed.

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 stems mixture 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 the dome of quinoa in the center of each dinner plate.

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

Arrange orange sections in a circular pattern around the greens.

Top with toasted almonds and 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