

Chard with Peaches and Feta

The last of the seasonal peaches are in the grocery stores and farmer's markets now so be sure and take advantage of their availability.

Peaches deliver a stand-out performance tonight as they fan out across a background of nutritious green chard and protein-packed quinoa. This plate is a kaleidoscope worthy of a Busby Berkeley Musical. Strong supporting performances will be delivered by sliced "crispy tenders" and toasted almonds. "Oohs" and "Ahhs" are appropriate.

Preparation time: 40 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients so they are easy to add. When you're organized, cooking's a breeze.

Quinoa and Chickenless Tenders

1 C. quinoa
plus
2 C. water
You'll use 1-1/3 C. cooked quinoa tonight

Chickenless Tenders:

1/2 tsp. olive oil
4 Chickenless tenders

Garnish

2 T. crumbled feta cheese
3 T. slice almonds (toasted)

Chard/Peaches

Sautéed Chard:

1 tsp. olive oil
1/2 C. white wine
3/4 C. low-sodium vegetable broth
3 T. rice wine vinegar

2 cloves garlic (smashed and chopped)
1/2 C. chopped yellow onion
1 bunch Chard (stems and leaves chopped separately)

Peaches

1 ripe peach (blanched and sliced)

Preheat oven to
375°

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Be sure to toast the sliced almonds as part of the prep.

Quinoa and Chickenless Tenders

Quinoa:

Place quinoa and water in medium saucepan. Bring to a hard boil, turn off heat, cover and let stand 20-30 minutes.

Tenders:

Place chickenless tenders on an oiled cookie sheet and bake 15 minutes at 375°. Set a timer for 8 minutes and turn them over. Return to the oven for 7 more minutes. Remove from oven. Allow to cool slightly. Slice.

Chard/Peaches

1. Place oil, wine, broth and vinegar in a large sauté pan and bring to a boil.
2. Add garlic, onions and chopped stems from greens. Bring to a hard boil, reduce heat to medium and cook 10 minutes. (Blanch peaches while stems cook. See instructions below.)
3. After 10 minutes, add leaves from greens to the mixture. Toss over medium-high heat 2 minutes. Remove from heat.

Peaches

Place 1 peach in a medium-sized bowl. Cover with boiling water and let stand 2 minutes. Pour off hot water and cover with ice water. Let stand 2 minutes. Peel loose skin from peach. Halve and thin slice the peach. Set aside.

Plate the Meal

1. Pack 2/3 cup quinoa into a soup ladle to give it shape and turn it out onto center of each plate.
2. Divide cooked greens between plates, leaving the dome of quinoa visible. Divide sliced tenders between the plates and arrange over greens.
3. Arrange a fan of sliced peaches over greens. Garnish with feta crumbles and toasted almonds.

What I've Learned from this Recipe

Purchase firm, plump peaches that have just a little give to finger pressure. Allow them to finish ripening at room temperature for 1-2 days. After blanching, keep peaches submerged in cold water until ready to use.

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