

# Chard with Strawberries and Peaches

These are the months for fresh strawberries. Peaches and nectarines are also arriving in the markets. Tonight's chard recipe will feature a combination of these seasonal delights.

A garnish of sharp and savory feta crumbles works beautifully with the bright fruit flavors.

**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 is 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

### 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 (Washed – stems and leaves  
chopped separately)

### Garnish

2 T. crumbled feta cheese

### Blanched Peaches and Strawberries

1 ripe peach (blanched and sliced)  
8 large strawberries (washed and sliced)

Preheat oven to  
375°

## Let's Prepare, Cook, and Plate This!

### Basic Assembly Instructions

Start by putting the quinoa on to cook and placing the tenders in the oven to bake.

### Quinoa and 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.

### Sautéed Chard

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

### Peaches and Strawberries

#### Blanched 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.

#### Strawberries:

Wash and slice strawberries. Set aside.

### Plate the Meal

1. Pack 2/3 cup quinoa into a soup ladle to give it shape and turn it out onto 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 and sliced strawberries over greens. Garnish with feta crumbles. Drizzle leftover cooking liquid from chard over quinoa.

### 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, eat them within an hour to prevent them from turning dark. Placing them in cold water with a splash of lemon juice after blanching will slow the oxidation process.

Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)