

Chard with Quinoa and Tzatziki Sauce

We're revisiting greens with Tzatziki Sauce tonight! It's a must while cucumbers are in season. I love the crisp freshness of this version of greens. The chard, tzatziki sauce and sliced tenders will be served over nutritious quinoa.

Here's a satisfying, comfort-food flavor combination, and it's easy to put together.

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. You'll prep a total of 1 C. of coarsely chopped sweet onion tonight. Use 1/3 C. in the tzatziki sauce and 2/3 C. in the greens.

Quinoa

1 C. dry quinoa
2 C. water
pinch of salt

Tzatziki Sauce

1/3 C. sweet onion (coarsely chopped)
2 T. fresh dill (chopped)
1 medium-sized cucumber (peeled - slice in half lengthwise and seed by dragging a spoon through the center. Cut into 2" pieces.)
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

15-20 pieces Chick'n Strips
1 tsp. olive oil
1/4 C. white wine
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
1 Roma tomato (chopped)

Finish:

1 apple (cored and sliced)

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Start by putting the quinoa on to cook. Bring quinoa, water and salt to a boil, turn off heat, cover and leave on burner until you're ready to dine. Now, just go with the flow of the recipe.

Chicken:

Chicken or Plant-based Choice

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.

or

Plant-based Choice:

Brown plant-based strips in oil. Add 1/4 C. wine to pan and toss until wine disappears. Let cool and slice in half lengthwise.

Tzatziki Sauce

1. Place seeded cucumber pieces 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.)

Sauteéd Greens/Plate Meal

Sauteéd Greens:

1. Place broth, salt, balsamic vinegar, garlic, onion, fennel and 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. Pack 1/2 C. cooked quinoa into a soup ladle and turn out onto dinner plates.
2. Divide greens over and around the mound of quinoa.
3. Arrange Chick'n (or chicken) strips over the greens
4. 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.
5. Garnish greens on each plate with crumbled feta and chopped tomato.
Serve sliced apple as a finish

What I've Learned from this Recipe

Adding the chopped tomato does more than add color to the presentation. The natural glutamate in the tomatoes helps bring all of the flavors forward.

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