

Chard with Winter Pear and Dried Cherries

Tonight you'll serve a chard dish that has a holiday look. Toasted pecans and dried tart cherries dot this greens dish which is served over warm, nutritious quinoa. It looks good and will set well after the heavy holiday meals and snacks that seem unavoidable during this season.

Preparation Time: 40 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Organize ingredients on small plates or in bowls so they are easy to add. This is a simple meal. Pecans are found in the Garnish box. Be sure to toast them as part of your prep.

Quinoa

1 C. uncooked quinoa
plus
2 C. water

Poached Pear and Sautéed Greens

Poached Pear:

1 tsp. olive oil
1 ripe Bosc, or other winter pear (cored and sliced)
1/2 C. white wine

Sautéed Greens:

1 tsp. olive oil
1/2 C. white wine
1/2 C. low-sodium vegetable broth
3 T. rice wine vinegar
2 cloves garlic (smashed and chopped)
1/2 C. yellow onion (chopped)
1 bunch Chard (Chop stems and leaves separately)
optional: 1/4 tsp. cayenne pepper

1/4 C. dried tart cherries
1/3 C. chopped fresh basil

Plant-based Choice or Optional Chicken

Plant-based Choice:

1 tsp. olive oil
5 chickenless tenders (sliced)
- or -

Optional Chicken:

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

Garnish

2 tsp. crumbled Gorgonzola cheese
8 pecan halves (toasted)

Preheat oven to
375°

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

After turning on the oven, start by cooking the quinoa. Bring quinoa and water to a boil, turn off heat, cover pan and let stand until you're ready to plate the meal.

Plant-based Choice or Optional Chicken

Plant-based Choice:

Place 5 Chickenless tenders on an oiled cookie sheet in a 375° oven for 15 minutes. Turn after 8 minutes. Slice lengthwise before plating with greens.

Optional Chicken:

1. Brown both sides of the chicken breast in oil.
2. Add 1/2 C. white wine to the pan, reduce heat to medium-low and cook an additional 5 minutes.
3. Season with salt and pepper. Leave covered in pan and let cool. Slice before plating the meal.

Poached Pear and Sautéed Greens

Poached Pear:

Lay sliced pears in hot oil in a 9" sauté pan and lightly brown on both sides. Add wine and cook about 1 minute per side. Set aside and arrange over greens after greens are plated.

Sautéed Greens:

1. Place oil, wine, broth, and vinegar in large, deep saucepan and bring to boil.
2. Add garlic, onions, chopped stems from greens, and optional cayenne. Bring to hard boil, reduce heat to medium and cook 10 minutes.
3. Add chopped leaves, dried cherries and chopped basil to stems/onion mixture. Toss over medium-high heat 2 minutes. Remove from heat and serve.

Plate the Meal

1. Pack 2/3 cup cooked quinoa into a ladle to give it shape and place mound on serving plates.
2. Divide greens into two servings and wrap them around each quinoa dome.
3. Arrange sliced tenders, or optional chicken, over greens.
4. Divide crumbled Gorgonzola and broken pecan pieces over each serving as a garnish.
5. Drizzle leftover greens cooking liquid over quinoa dome.

What I've Learned from this Recipe

A number of nut varieties are both nutritious and delicious as additions to various dishes. Always toast the nuts prior to using them. The flavor literally leaps off the plate when they're toasted. It's best to add nuts as a garnish. They'll get soft if you add them to the dish during cooking.

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