

Rainbow Chard with Apricot Salsa

This seasonal variation of chard comes alive with the help of tree-ripened apricots presented in a delicious apricot salsa. Toss some black beans into the chard and serve it over protein-packed quinoa. Individual servings will be topped with apricot salsa and a grating of sharp cheddar cheese. This one's sure to light up your taste buds!

Preparation time: 30 minutes - Servings: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients on small plates or in bowls so they are easy to add. Prep 2 cloves of chopped garlic today: 1 for the salsa and 1 for the chard. Also prep a total of 1 C. sweet onion: 1/2 C. for the salsa and 1/2 C. for the chard.

Quinoa

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

Sautéed Chard with Black Beans

1 tsp. olive oil
1/2 C. white wine
3/4 C. low-sodium vegetable broth
3 T. balsamic vinegar
1 tsp. low-sodium soy sauce
1 tsp. chili powder
1 clove garlic (smashed and chopped)
1/2 C. sweet onion (chopped)
1 bunch Chard (washed – stems and leaves chopped separately)

one 15 oz. can black beans (drained and rinsed - use 1 C. tonight)
juice from 1/2 of a lime

Apricot Salsa

Quick, Low-sodium Tomato Salsa:

1 clove garlic (smashed and chopped)
1/2 C. sweet onion (coarsely chopped)
1 Jalapeno pepper (seeded and coarsely chopped)
1 Anaheim pepper (seeded and coarsely chopped)
1/4 C. cilantro leaves
1 lime
pinch of salt
one 15 oz. can no-salt diced tomatoes

Apricot Salsa:

4 ripe apricots (pitted)
2/3 C. low-sodium tomato salsa (above)

Garnish

2 T. extra-sharp cheddar cheese (shredded)
1/2 of an apricot (above - thin sliced)

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Follow the sequence below and you'll be calling folks to the table in 30 minutes.

Quinoa

Quinoa:

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

Apricot Salsa

Quick, Low-sodium Tomato Salsa:

Chop all ingredients (except diced tomatoes) in a food processor until finely chopped. Add diced tomatoes and pulse a few times to mix.

Apricot Salsa:

1. Mash 3 apricots in a medium-sized bowl. Cut remaining apricot in half. Chop one half and thin slice one half. Stir chopped apricot into mashed apricots. (Set remaining half of sliced apricot aside for a garnish.)
2. Stir 2/3 C. of the Low-sodium Tomato Salsa into the apricot mixture and let stand.

Sautéed Greens

1. Place oil, wine, broth, vinegar, soy sauce and chili powder 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.
3. Add chopped leaves from greens and 1 C. of drained beans to mixture. Toss over medium-high heat 2 minutes. Remove from heat and serve.

Plate the Meal

1. Pack 2/3 cup quinoa into a soup ladle to shape and turn it out onto each dinner plate.
2. Divide cooked greens between plates, leaving the dome of quinoa visible.
3. Drizzle each serving of greens with lime juice.
4. Spoon 1/2 C. apricot salsa over greens.
5. Garnish: Sprinkle shredded cheddar cheese over each serving and finish garnish with a few thin wedges of sliced apricot.

What I've Learned from this Recipe

Seasonal fruit salsas are simple to throw together. Use tomato salsa as a base for the flavors. When using fruit, be bold and use enough fruit to dominate the flavor. Mash part of the fruit and chop part of the fruit to create texture and bursts of flavor.

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