

Chard with Fresh Bartlett Pear

Your greens have a sweet and savory profile tonight when they're combined with tree-ripened pears and layered over a bed of quinoa. The plate is then topped with chickenless tenders and sprinkled with toasted walnuts and crumbled Gorgonzola.

This is one of my favorite times of the year for greens. There are just so many options!

Preparation time: 40 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. Cooking's easy when your organized.

Quinoa and Chickenless Tenders

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

1/2 tsp. olive oil
4 Chickenless tenders

Sautéed Greens with Pear

Sautéed Greens:

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)

1 Bartlett pear (cored and sliced)

Garnish

4 walnut halves
2 T. crumbled Gorgonzola cheese

But First...
Preheat oven to
375°

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Simply follow the order below. Plan to toast the walnuts after you take the tenders out of the oven.

Quinoa/Tenders/Toasted Walnuts

Quinoa:

Place quinoa and water in medium saucepan. Bring to a hard boil, turn off heat, cover, leave on the burner 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, turn tenders, and return to the oven for 7 more minutes. Remove from oven. Allow to cool slightly. Slice.

Walnuts: Toast walnuts in oven after tenders finish cooking. Toast 4 minutes, turning once.

Sautéed Greens

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-low and cook 10 minutes.
3. Add chopped leaves from greens 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 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. Divide sliced tenders between the plates and arrange over greens.
3. Fan freshly sliced pears over greens.

Garnish:

Break toasted walnuts over the top and sprinkle with crumbled Gorgonzola.

What I've Learned from this Recipe

I always toast nuts prior to adding them to a meal. A little toasting brings out the flavor. Wait until just before serving to add nuts so they stay crisp.

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