

# Swiss Chard with Shrimp and Salsa

Greens are on the menu tonight. Delicious Asian-flavored chard is served over quinoa and topped with homemade Mango Salsa. Marinated shrimp are spread over the top of this bright and tasty presentation. Top off this flavor parade with toasted sliced almonds.

Some of the time allotted for tonight's preparation is for making fresh salsa.

**Preparation time: 40 minutes - Servings: 2**

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize ingredients so they are ready to add as needed. It's easy when your organized. Prep a total of 4 cloves of garlic tonight: 1 chopped for the shrimp, 1 whole, peeled for the salsa and 2 chopped for the chard. Prep a total of 1-1/4 C. onion: 1/4 C. finely-chopped for the shrimp, 1/2 C. chopped for the salsa and 1/2 C. chopped for the chard.

### Quinoa

1 C. quinoa  
2 C. water  
pinch of salt

### Marinated Shrimp

10 large, raw, shelled and deveined frozen shrimp  
1 clove garlic (smashed and chopped)  
1/4 C. yellow onion (finely-chopped)  
1/4 C. low-sodium vegetable broth  
2 T. lime juice  
1/2 tsp. Asian pepper sauce  
1 tsp. low-sodium soy sauce or tamari  
2 tsp. canola oil (for cooking shrimp)

### Quick, Low-sodium Tomato Salsa

#### Quick, Low-sodium Tomato Salsa:

1 clove garlic (whole, peeled)  
1/2 C. yellow onion (chopped)  
1 Jalapeno pepper (seeded and finely-chopped)  
1 Anaheim pepper (seeded and finely-chopped)  
1/4 C. cilantro leaves (chopped)  
one 15 oz. can no-salt diced tomatoes  
juice from one-half lime  
pinch of salt

#### Mango Salsa:

1 C. fresh mango (chopped)  
1 C. low-sodium tomato salsa (from above)

### Sautéed Chard

1 tsp. sesame oil  
3/4 C. low-sodium vegetable broth  
3 T. rice wine vinegar  
1 tsp. low-sodium soy sauce  
2 cloves garlic (smashed and chopped)  
1/2 C. yellow onion (chopped)  
1 bunch Chard (washed – stems and leaves chopped separately)

### Garnish

4 T. sliced almonds (toasted)

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

### Basic Assembly Instructions

Start by getting the quinoa on to cook. Bring the quinoa, water and salt to a hard boil. Turn off heat, cover the pan and let stand until ready to dine.

### Marinated Shrimp

1. Thaw the frozen shrimp. Place frozen shrimp in a strainer and run cold water over them periodically for about 15 minutes. (Prepare the Marinade while they thaw.)
2. Place garlic, onion, broth, lime juice, pepper sauce and soy sauce in a medium-sized bowl. Microwave 90 seconds and set aside to cool slightly.
3. Stir well and add thawed shrimp. Let stand until ready to cook.

### Quick, Low-sodium Tomato Salsa

#### Quick, Low-sodium Tomato Salsa:

Chop all ingredients in a food processor except diced tomatoes. When well chopped add diced tomatoes and pulse a few times in the food processor to blend well. Let stand.

#### Mango Salsa:

Place 1/2 of the chopped mango in a bowl and mash. Add the remaining mango chunks and 1 C. of the Low-sodium Tomato Salsa. Stir well and set aside.

### Sautéed Chard and Cook Shrimp

1. Measure oil, broth, vinegar and soy sauce into a large, deep saucepan or kettle. Bring to a boil.
2. Add garlic, onions and chopped stems from greens. Bring to hard boil, reduce heat to medium and cook 10 minutes.

Cook Shrimp Heat a small sauté pan over medium high heat until pan is hot. Add canola oil to pan and swirl it around. Toss shrimp in oil about 1 minute per side. They'll turn pink. Add about 1/3 C. of the marinade and toss until liquid nearly cooks away. Remove from heat.

3. Add chopped leaves from greens to onions and stems and toss over medium-high heat 2 minutes. Remove from heat and serve.

### Plate the Meal

Place 2/3 C. cooked quinoa in the center of each dinner plate. Divide greens mixture over quinoa. Top servings with 1/2 C. Mango Salsa. Arrange shrimp over greens and salsa and drizzle any additional liquid from cooking the shrimp over greens. Garnish with toasted almonds.

### What I've Learned from this Recipe

Shrimp cook quickly, so don't cook them too long or they'll get tough and rubbery. They'll turn pink on each side in less than a minute once they hit the hot oil. I toss them for a little extra time with some marinade liquid simply to add flavor.

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