

Italian-style Chard with Orzo

Dark leafy greens, like chard, grow everywhere in the world so it's no surprise that chard has been part of the Italian diet for centuries. Italians lovingly call them "biete da costa" (greens from the coast).

Tonight, we'll serve chard over orzo with Marinara Sauce and speak of them "dolcemente a con amore."

Preparation Time: 35 minutes - Serves: 2

Organize Your Ingredients!

Notes on Organizing

Prep and organize ingredients in bowls so they're ready to use when called for in the recipe. Prep 2 cloves chopped garlic: 1 clove for the Marinated Beans and 1 clove for the Sautéed Greens. Prep 3/4 C. chopped onion: 1/4 C. for the Marinated Beans and 1/2 C. for the Sautéed Greens.

Orzo

4 C. water
a pinch of salt

1 C. orzo

Marinated Beans

1 clove garlic (smashed and chopped)
1/4 C. onion (finely chopped)
1/4 C. low-sodium vegetable broth
1 T. balsamic vinegar
one 15 oz. can Great Northern beans (drained and rinsed)
1/4 C. fresh basil (chopped)

Sautéed Greens

1 tsp. olive oil
1/2 C. low-sodium vegetable broth
2 T. balsamic vinegar
1 tsp. low sodium soy sauce

1 clove garlic (smashed and chopped)
1/2 C. yellow onion (coarsely chopped)
1 bunch chard (washed, stems and leaves chopped separately)
2/3 C. red bell pepper (chopped)
2/3 C. green bell pepper (chopped)
1-1/2 C. leftover Marinara Sauce

Garnish

2 T. shredded Parmesan cheese

*But First!
Put Pasta Water
on to Boil*

Let's Prepare, Cook, and Plate This!

Basic Assembly Information

Start by prepping the Marinated Beans. Use leftover Marinara Sauce from earlier in the week.

Cook orzo like any other pasta.

Marinated Beans

1. Place chopped garlic, finely chopped onion, broth and vinegar in a medium-size bowl.
2. Cook 1-minute in microwave. Add drained and rinsed beans and chopped basil.
3. Toss and set aside.

Orzo Pasta

Orzo/Sautéed Greens/Assembly

Place orzo in boiling water, reduce heat to medium-high and cook 8 minutes.

Drain and lightly rinse orzo.

Sautéed Greens:

1. Measure oil, broth, vinegar and soy sauce into a large, heavy-bottomed kettle. Bring to a boil and add garlic, onion and chopped chard stems.
2. Reduce heat to medium-low and cook stems mixture for 10 minutes.
3. Add chopped peppers and cook another 2 minutes. Drop chopped leaves from greens into pan and toss for about 2 minutes.

Final Assembly:

4. Drain marinade from beans and add drained beans to the greens mixture.
5. Pour 1-1/2 C. Marinara Sauce over greens and beans and toss until sauce boils.

Plate the Meal

Measure 2/3 C. cooked orzo into the center of each dinner plate.

Divide greens and marinara sauce/beans mixture evenly over and around the Orzo.

Garnish with shredded Parmesan.

What I've Learned from this Recipe

Just a reminder of why I cook the stems for 10 minutes before adding the chopped greens. The stems are heavy and fibrous, but stems have valuable nutrients. They just need to be cooked 10 minutes to become tender enough to eat. The leaves only require about 2 minutes of sautéing.

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