

## Dark Greens with Pear and Gorgonzola

Let's highlight some seasonal fruit again. Pears are still in season so use 'em while you can. Kale's a great choice for this meal, but if you'd prefer, chard is always available.

We'll add umami\* with some toasted pecans and a sprinkle of Gorgonzola. The greens and pear are arranged over nutritious quinoa with Chickenless Tenders. Oh Mamma!

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

### Organize Your Ingredients!

#### Notes on Organizing

Prep and organize your ingredients so they are easy to add. An organized cook is a happy cook.

#### Quinoa

1 C. dry quinoa  
2 C. water  
pinch of salt

#### Chickenless Tenders

4 Chickenless Tenders

#### Sautéed Kale

1 tsp. olive oil  
1 tsp. low-sodium soy sauce  
2 T. balsamic vinegar  
2/3 C. low-sodium vegetable broth  
1 clove garlic (smashed and chopped)  
3/4 C. onion (chopped)  
one bunch Lacinato or Dino kale (washed, stems  
and leaves chopped separately)

#### Pear and Garnish

##### Pear:

1 ripe pear (cored, quartered and sliced)

##### Garnish:

8 pecan halves (toasted)  
2 T. Gorgonzola crumbles

Preheat Oven to  
400°

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

### Basic Assembly Instructions

These super simple greens have a big payoff today. Once the quinoa's on to cook you're ready to rock and roll.

### Quinoa

Bring quinoa, water and salt to a hard boil. Turn off heat. Cover pan and leave on the burner until you're ready to dine.

### Chickenless Tenders

1. Slide tenders into a preheated 400° oven and cook 15 minutes. Turn after 8 minutes.
2. Allow to cool slightly and thin slice before serving.

### Sautéed Kale

1. Measure oil, soy sauce, vinegar and broth into a large, heavy-bottomed pan or kettle. Bring to a boil.
2. Add garlic, onion and chopped stems. Reduce heat and cook 10-minutes over medium heat.
3. Add chopped kale leaves. Toss 4 more minutes over medium heat.
4. You're ready to serve the meal.

### Plate the Meal

Measure 2/3 C. cooked quinoa on to each dinner plate. Top with greens and sliced tenders.

Arrange pear slices in a fan shape over the top.

Garnish with broken pieces of toasted pecans and Gorgonzola crumbles.

### What I've Learned from this Recipe

\* Umami is the taste sensation discovered by Japanese scientists. It's considered one of the five basic tastes. Glutamate rich fruits and vegetables like tomatoes and mushrooms help bring umami forward as an individual taste. It's also found in savory products like shrimp, cheese or in caramelized foods. Tonight, you'll bring this compound flavor sensation together with the rich broth from the cooked greens, fresh pear, toasted pecans and a sprinkle of Gorgonzola cheese. Let us know what you think, and ask any questions you may have! [chezdon@plate6.com](mailto:chezdon@plate6.com)