

Mediterranean Greens

Pay a visit to your favorite “bistro” tonight and enjoy a succulent plate of Mediterranean Greens. The bistro is located in your kitchen, and on this night you’ll become your best version of a Greek chef.

The sautéed greens rest over a creamy Mediterranean white sauce and are served with wholesome quinoa and a generous dollop of traditional hummus. It’s all garnished with a dusting of crumbled feta cheese. You’ll want to savor every flavor-loaded mouthful of this offering. Kompliménta ston sef! (Compliments to the chef!) **Preparation time: 45 minutes - Servings: 2**

Organize Your Ingredients!

Notes on Organizing

Prep and organize your ingredients before you begin. Having everything within reach as you cook makes things easy. Prep 4 cloves of garlic: 1 whole, peeled clove for the hummus, 1 chopped for the white sauce and 2 chopped for the Sautéed Greens. There are two chopped onion preps: 1/3 C. for the White Sauce and 1/2 C. for the greens.

Quinoa

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

Traditional Hummus

one 15 oz. can garbanzo beans (drained and rinsed)
2 T. tahini
3 T. lemon juice
1 clove garlic (whole, peeled)
2 T. olive oil
1/2 tsp. ground cumin

1/2 C. coarsely chopped fresh parsley

Mediterranean White Sauce

1 tsp. olive oil
1 clove garlic (smashed and chopped)
1/3 C. onion (finely-chopped)
1/2 C. white wine
1 C. low-sodium vegetable broth
2 tsp. dried oregano leaves

1 T. cornstarch
mixed with
1/2 C. water

2 T. chopped Calamata olives
2 T. lemon juice
2 T. feta cheese
1/2 C. plain, nonfat yogurt (stirred smooth)

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. yellow onion (chopped)
1 bunch Chard (washed – stems and leaves chopped separately)

2 T. crumbled feta cheese

First Thing!
Put Quinoa on to Cook!

Let's Prepare, Cook, and Plate This!

Basic Assembly Instructions

Bring the quinoa and salted water to a boil. Turn off heat, leave on burner and cover. Let stand until ready to serve.

Make the Mediterranean white sauce and traditional hummus next. They will both hold until you finish sautéing the greens. You'll want to serve the greens as soon as they're cooked.

Mediterranean White Sauce

1. In a medium saucepan, sauté garlic and onion in oil over medium-high heat about 1 minute.
2. Add wine, broth and oregano leaves and bring to boil. Reduce heat to low, cover and cook for 5 minutes.
3. Thicken with cornstarch mixture. Reduce heat and cook thickened sauce for 5 minutes.
4. Stir in chopped olives, lemon juice and feta cheese. Stir until most of the feta melts into the sauce. Leave on burner, turn off heat and cover. Add yogurt just before serving.

Traditional Hummus

1. Place beans, tahini, lemon juice, garlic, oil and cumin in food processor and blend until nearly smooth.
2. Add parsley. Pulse a few times until well chopped. Remove from food processor.
3. Use about 1/3 C. hummus per serving tonight. Store the leftover hummus in the fridge in a container with a tight-fitting lid.

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 and cook 10 minutes. Add more liquid if it begins to cook away.
3. Add chopped leaves from greens to the onion mixture. Toss over medium-high heat 2 minutes. Remove from heat and serve immediately.

When plating the meal, place 3/4 C. of quinoa in the center of each serving plate and shape it into a ring of quinoa with an open center. Ladle 2/3 C. sauce into the center of the circle. Divide greens over the sauce. Place a 1/3 C. scoop of hummus over the greens and dust with crumbled feta cheese.

What I've Learned from this Recipe

Once, as I made this recipe, I discovered that I didn't have any fresh parsley. I did have some leftover arugula, however, so I substituted arugula for parsley in the hummus. The flavors played well together. I encourage you to be creative and make substitutions when making pesto and hummus. Let us know what you think, and ask any questions you may have! chezdon@plate6.com