

# Mexican Greens with Mango Salsa

We love our greens! This version tips a sombrero to our neighbors to the South. Black beans and crispy tortilla strips add texture and interest to chard spiced with chili powder, oregano and cumin. The greens are served over crispy potato rounds and topped with homemade mango salsa. Buenos!

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

## Organize Your Ingredients!

### Notes on Organizing

Prep and organize ingredients so they are ready to add as needed. Cooking's easy when you're organized. You'll use a total of 2 cloves of garlic tonight: 1 whole, peeled for the salsa and 1 chopped for the Mexican Greens. Prep a total of 1 C. chopped onion: 1/2 C. for the salsa and 1/2 C. for the Mexican Greens.

### Crispy Potatoes and Corn Tortilla Strips

6 baby red potatoes  
2 tsp. olive oil  
two 6" corn tortillas

### Mexican Greens

1 tsp. olive oil  
1 clove garlic (smashed and chopped)  
1/2 C. onion (chopped)  
1 bunch chard (stems and leaves chopped separately)  
3/4 C. low-sodium vegetable broth  
1 tsp. oregano leaves  
1 T. chili powder  
1/2 tsp. ground cumin  
1 tsp. low-sodium soy sauce or tamari  
1 T. brown sugar  
2 T. balsamic vinegar  
one 15 oz. can black beans (drained and rinsed)

### Quick, Low-sodium Tomato Salsa

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

1 clove garlic (whole, peeled)  
1/2 C. yellow onion (chopped)  
1 jalapeño pepper (seeded coarsely chopped)  
1 Anaheim pepper (seeded and coarsely-chopped)  
1/4 C. cilantro leaves (chopped)  
juice from 1/2 of a lime  
pinch of salt

one 15 oz. can no-salt diced tomatoes

#### Mango Salsa:

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

### Garnish

Juice from 1/2 of a lime  
2 T. extra-sharp cheddar cheese (shredded)

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

### Basic Assembly Instructions

Preheat oven to 400°. Get potatoes into the oven first and you're on your way.

### Crispy Potatoes and Tortilla Strips

#### Potatoes:

Scrub and thinly-slice potatoes and place in preheated oven on an oiled cookie sheet. Cook 12 minutes per side. Set a timer.

#### Tortilla Strips:

Slice 2 corn tortillas into 1" X 1/4" strips. Place sliced tortilla pieces on the other half of the oiled cookie sheet during the last 5 minutes the potatoes are cooking. You'll want the strips crispy.

### 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.

### Mexican Greens

1. Toss prepped garlic, onion and chopped chard stems in a deep kettle with olive oil over medium-high heat for 2-minutes.
2. Add broth, spices, soy sauce, brown sugar and vinegar. Bring to a boil. Cook 10 minutes over medium-low heat.
3. Drop chopped chard leaves and drained beans into onion/stems mixture. Return to a boil and toss 3-minutes. Just before serving, stir toasted tortilla strips into greens.

### Plate the Meal

Arrange one-half of the potato slices in the center of each dinner plate. Ladle 2 C. of the greens'n'beans over potatoes. Make an indentation in the center of the greens. Spoon about 2/3 C. mango salsa into the indentation. Drizzle with fresh squeezed lime-juice and garnish each plate with grated cheese. Serve immediately.

### What I've Learned from this Recipe

Here's just another simple example of how one creates interest and flavor by adding a variety of textures to the plate. Tonight you have the firm feel of the caramelized potato rounds and the crispy quality of the toasted tortilla strips to accompany the slightly sharp and savory flavors of the Mexican spiced greens.

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