

# Mexican Greens with Pineapple Salsa

Delicious greens are the deal tonight. I call this dish Mexican Greens because of the salsa. However, the pineapple in the salsa makes the dish more South American since the pineapple has early roots in the Paraguay/Brazil region. Speaking of roots, the bed of potatoes, probably originating in Peru, makes a delicious bed under the greens. Regardless of where it comes from, this "fruitilicious" plate of greens has world class flavor.

**Preparation Time: 40 minutes - Serves: 2**

## Organize Your Ingredients!

### Notes on Organizing

Organize ingredients on small plates or in bowls so they are easy to add (and more fun to cook!). Prep a total of 3 cloves of chopped garlic: 2 cloves for the salsa , 1 clove for the Greens.

There are two onion preps: 1/2 C. chopped onion for the salsa and 1/2 C. sliced onion for the greens.

### Roasted Potatoes/Tortilla Strips

4-5 small red potatoes (very thinly-sliced)  
2 tsp. olive oil

two 6" corn tortillas (sliced into small strips)

### Mexican Greens

1 tsp. olive oil  
3/4 C. low-sodium vegetable broth  
1 T. chili powder  
1 tsp. dry oregano leaves  
1 T. brown sugar  
1 tsp. low-sodium soy sauce  
2 T. balsamic vinegar

1 large clove garlic (smashed and chopped)  
1/2 C. sliced yellow onion (coarsely chopped)  
1 bunch fresh chard (washed, stems and leaves chopped separately)

1 C. canned black beans (drained and rinsed)

#### Garnish:

juice from 1/2 lime  
3 T. grated sharp cheddar cheese

### Low-sodium Tomato Salsa

2 cloves garlic (smashed and chopped)  
1 Anaheim pepper (seeded and quartered)  
1/2 of a Jalapeno pepper (seeded and finely chopped)  
1/4 C. fresh cilantro (chopped)  
1/2 C. yellow onion (chopped)  
juice from 1 lime  
1/4 tsp. salt  
one 15 oz. can no salt tomatoes

#### Pineapple Salsa:

1-1/2 C. Low-sodium Tomato Salsa

1-1/2 C. fresh pineapple (chopped)  
- or -  
one 6 oz. can pineapple chunks (drained and chopped)

*But First!*  
*Preheat Oven to 400°*

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

### Basic Assembly Instructions

Now that your ingredients are set out and prepped, let's begin.

Most of the cooking time involves the roasted potato rounds and tortilla strips.

### Roasted Potatoes/Tortilla Strips

1. Place sliced potatoes on an oiled cookie sheet in a 400° oven.
2. The potatoes should become crispy. Cook 10-12 minutes per side. Add the tortilla strips to the cookie sheet for the final 8 minutes of the potato cooking.
3. Toss the tortilla strips a couple of times during the 8 minutes they're cooking.

### Quick, Low-sodium Tomato Salsa/Pineapple Salsa

#### Low-Sodium Tomato Salsa

If using a food processor, place all ingredients except diced tomatoes in a food processor and chop fine. Add canned tomatoes and pulse a few times to mix.

If mixing by hand, chop all items as indicated in prep and toss together with diced tomatoes.

#### Pineapple Salsa:

To make pineapple salsa, measure 1-1/2 C. of the Quick, Low-sodium Salsa into a medium-sized bowl. Add chopped pineapple and stir well. Let stand until ready to plate the meal.

### Mexican Greens/Plate the Meal

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

#### Plate the meal.

Divide and arrange potato slices between two serving plates. Ladle 2 C. of the Mexican greens over potatoes. Leave about 1/2 inch of potato exposed. Make an indentation in the center of the greens. Spoon 2/3 C. pineapple salsa into indentation. Garnish each plate with fresh squeezed lime-juice and grated cheese.

### What I've Learned from this Recipe

Diners will always enjoy meals that offer an interesting combination of textures and vibrant flavors. When you offer this added dimension, the meal becomes even more fun to eat. Tonight, you get the crispness of the potatoes, the soft greens, the pop of the beans, the firmness of the pineapple and the added crunch of toasted tortilla strips.

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