

# Southwestern Chard with Corn Salsa

Roasted corn adds a Southwestern flair to your greens tonight. Chard is the leafy green of choice tonight, and it's cooked with sweet peppers and a touch of chili and cumin. You'll serve it over nutritious quinoa and top it off with roasted corn salsa, chickenless tenders (or optional chicken) and a splash of lime juice.

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

## Organize Your Ingredients!

### Notes on Organizing

Be sure to prep and organize all your ingredients before you start cooking. Prep 1 C. Chopped onion, 1/2 C. for both salsa and greens. Prep 2 cloves of chopped garlic, one for the salsa and one for the chard.

### Plant-based choice or Optional Chicken

#### Plant-based Choice:

1/2 tsp. olive oil  
4 Chickenless tenders

#### Optional Chicken

1/2 tsp. olive oil  
1 skinless chicken breast  
1/2 C. white wine

### Southwestern Chard

1 tsp. olive oil  
1/2 C. white wine  
3/4 C. low-sodium vegetable broth  
3 T. Balsamic vinegar  
2 cloves garlic (smashed and chopped)  
1/2 C. chopped yellow onion  
2 tsp. chili powder  
1/2 tsp. ground cumin  
1 T. molasses  
2/3 C. red bell pepper (coarsely chopped)  
1 bunch Chard (stems and leaves chopped separately)

### Roasted Corn Salsa

#### Quick, Low-sodium Salsa:

2 cloves garlic (smashed and chopped)  
1/2 C. chopped yellow onion  
1 Jalapeño pepper (seeded and finely chopped)  
1 Anaheim pepper (seeded and finely chopped)  
1/4 C. Cilantro (stems and leaves, chopped)  
Juice from 1 lime

One 15 oz. can no-salt diced tomatoes

#### Roasted Corn Salsa

2 tsp. olive oil  
2/3 C. frozen corn  
  
2/3 C. salsa from above

### Garnish and Fruit Finish

Juice from 1/2 of a lime  
2 T. plain, nonfat yogurt (stirred smooth)  
2 kiwis (halved)

But First,  
Put Quinoa on to Cook

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

### Basic Assembly Instructions

Start by bringing 1 C. quinoa and 2 C. water to a hard boil. Cover, turn off heat and let stand until ready to serve.

### Roasted Corn Salsa

#### Low-salt Tomato Salsa:

Make salsa by hand or use a food processor.

If making by hand, combine ingredients in a medium-sized bowl and stir well.

If using a food processor, chop all ingredients except, diced tomatoes first. Add tomatoes and blend with a couple of bursts.

#### Roasted Corn Salsa:

Using a medium-sized sauté pan toss corn in hot oil until it begins to brown. Transfer to a bowl and add 2/3 C. Low-sodium Tomato Salsa from above. Stir well.

### Plant-based Choice or Optional Chicken

#### Plant-based Choice

Place chickenless tenders on an oiled cookie sheet and bake 15 minutes at 375°. Set a timer for 8 minutes and turn them over. Return to the oven for 7 more minutes. Remove from oven. Allow to cool slightly. Slice.

#### Optional Chicken:

Brown chicken breast in oil in a medium sauté pan. Reduce heat to medium-low and add wine. Cover and cook 10 minutes. Turn the breast twice during the cooking process. Remove from heat and season lightly with salt and pepper. Cool and thin slice.

### Southwestern Chard

1. Measure oil, wine, broth vinegar, garlic, onion, chopped chard stems, spices, molasses and bell peppers into a large kettle. Bring to a boil, reduce heat and cook 15 minutes.
2. Add chard leaves, and cook an additional 3 minutes and serve.

#### Plate the Meal:

Measure 3/4 C quinoa per serving onto each serving plate. Arrange 1/2 of the greens around each serving of quinoa. Divide and arrange sliced tenders over greens.

Place a ramekin containing 2/3 C corn salsa on each plate. Top servings with a squeeze of lime juice and 1 T. Yogurt.

### What I've Learned from this Recipe

Sometimes I like serving the salsa in a separate container on serving plates. It keeps the plate looking tidy and lets the diner get involved in serving themselves.

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