

Beef & Rice Stuffed Swiss Chard

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- 2 tablespoons olive oil
- 1 small onion (diced)
- 2 cloves garlic (minced or pressed)
- 1lb ground beef
- 1/4 teaspoon red pepper flakes
- 1/2 cup brown rice (cooked)
- 1/2 cup parmesan cheese
- 1 tablespoon fresh oregano (chopped)
- 1 tablespoon fresh parsley (chopped)
- 1 large head swiss chard (about 18 leaves)
- 1 jar red sauce (or homemade)
- 1 cup shredded mozzarella cheese

Preheat oven to 375 degrees. In a saute pan over medium-low heat, add olive oil. Once hot, add onion and cook for about 3 minutes until translucent. Add garlic, cook 1 minute more. Add beef to pan and break up with wooden spoon. Season with salt, pepper, and red pepper flakes. Cook until beef has browned, stirring occasionally. Remove from heat, drain any excess liquid from pan. Transfer to a bowl and let cool. Once cool, mix in brown rice, parmesan cheese, oregano and parsley. While filling is cooling, prepare the swiss chard for stuffing. Bring a pot or large sauce pan with water to a boil. Have an ice bath ready along with a cookie sheet lined with paper towels. Drop 2 swiss chard leaves into the boiling water for about 15-30 seconds, removing just when the leaves have softened. Immediately plunge into an ice bath. Then, lay on the paper towels. Repeat this step with all remaining swiss chard leaves. Use extra paper towels to pat all of the leaves dry. Cut the thick, hard stem away from each leaf. Place 2 TBSP of filling into the center. Roll bottom of the leaf up and over the filling, tucking it under. Then fold in each side of the swiss chard leaf, and finish rolling. Repeat this process with all of the swiss chard leaves.

In a large baking dish, spread about 1 cup of red sauce in a thin layer. Place the stuffed swiss chard seam down into the baking dish. Ladle on remaining sauce. Sprinkle shredded mozzarella on top. Cover with foil and bake in oven for 30-40 minutes, removing foil for last 10 minutes of baking. Remove and let cool slightly before serving. Serve with extra parmesan cheese and sauce.

Swiss Chard Gratin

Gourmet | October 2000 | epicurious.com

5 tablespoons unsalted butter
1 cup fresh white bread crumbs
3 oz Tomme de Savoie or Gruyère cheese, grated (1 cup)
1 garlic clove, halved lengthwise, germ removed if green, and garlic finely chopped
1 tablespoon finely chopped mixed fresh herbs (preferably chives, tarragon, and flat-leaf parsley)
1/8 teaspoon freshly grated nutmeg
1 cup low-sodium chicken broth
1/2 cup heavy cream
1 tablespoon all-purpose flour
1 medium onion, finely chopped
3 lb Swiss chard, leaves and stems separated and both cut into 1-inch pieces
1 lb spinach, coarse stems discarded, leaves coarsely chopped

Melt 2 tablespoons butter and toss with bread crumbs, cheese, garlic, herbs, half of nutmeg, and salt and pepper to taste in a bowl.

Boil broth in a small saucepan until reduced by half. Add cream and keep warm.

Melt 1 tablespoon butter in a small heavy saucepan over moderate heat and stir in flour. Cook roux, whisking, 1 minute, then whisk in broth mixture and boil, whisking, 1 minute. Season sauce with salt and pepper.

Preheat oven to 400°F.

Cook onion in remaining 2 tablespoons butter in a wide 8-quart heavy pot over moderately low heat, stirring, until softened. Add chard stems, remaining nutmeg, and salt and pepper to taste and cook, stirring, until vegetables are tender but not browned, about 8 minutes. Increase heat to moderately high and add chard leaves and spinach by large handfuls, stirring, until all greens are wilted. Season with salt and pepper. Transfer vegetables to a colander to drain well and press out liquid with back of a large spoon. Toss vegetables with cream sauce and transfer to a buttered 12-inch oval gratin or 2-quart shallow baking dish, spreading evenly.

Top vegetables with bread crumbs and bake in middle of oven until bubbling and topping is golden, about 20 minutes.

Swiss Chard Lasagna with Ricotta and Mushrooms

Melissa Clark | Bon Appétit | January 2011

- *Béchamel sauce:*
- 2 1/2 cups whole milk
- 1 Turkish bay leaf
- 6 tablespoons (3/4 stick) unsalted butter
- 1/4 cup all purpose flour
- 1/2 teaspoon coarse kosher salt
- 1/2 teaspoon (scant) ground nutmeg
- Pinch of ground cloves

- *Swiss chard and mushroom layers:*
- 1 pound Swiss chard, center rib and stem cut from each leaf
- 4 tablespoons extra-virgin olive oil, divided
- 1 1/3 cups chopped onion
- 4 large garlic cloves, chopped, divided
- 1/4 teaspoon dried crushed red pepper
- Coarse kosher salt
- 1 pound crimini mushrooms, sliced
- 1/4 teaspoon ground nutmeg

- *Lasagna:*
- 9 7 x 3-inch lasagna noodles
- Extra-virgin olive oil
- 1 15-ounce container whole-milk ricotta cheese (preferably organic), divided
- 6 ounces Italian Fontina Cheese, coarsely grated (about 1 1/2 cups packed), divided
- 8 tablespoons finely grated Parmesan cheese, divided

For béchamel sauce: Bring milk and bay leaf to simmer in medium saucepan; remove from heat. Melt butter in heavy large saucepan over medium-low heat. Add flour and whisk to blend. Cook 2 minutes, whisking almost constantly (do not let roux brown). Gradually whisk milk with bay leaf into roux. Add 1/2 teaspoon coarse salt, nutmeg, and cloves and bring to simmer. Cook until sauce thickens enough to coat spoon, whisking often, about 3 minutes. Remove bay leaf. **DO AHEAD:** Béchamel sauce can be made 1 day ahead. Press plastic wrap directly onto surface and chill. Remove plastic and rewarm sauce before using, whisking to smooth.

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For swiss chard and mushroom layers:

Blanch chard in large pot of boiling salted water 1 minute. Drain, pressing out all water, then chop coarsely. Heat 2 tablespoons oil in heavy medium skillet over medium-high heat. Add onion, half of garlic, and crushed red pepper. Sauté until onion is tender, 3 to 4 minutes. Mix in chard and season to taste with coarse salt and freshly ground black pepper.

Heat remaining 2 tablespoons oil in heavy large nonstick skillet over medium-high heat. Add mushrooms and remaining garlic. Sauté until mushrooms are brown and tender, 7 to 8 minutes. Mix in nutmeg and season with coarse salt and pepper.

For lasagna:

Cook noodles in medium pot of boiling salted water until just tender but still firm to bite, stirring occasionally. Drain; arrange noodles in single layer on sheet of plastic wrap.

Brush 13 x 9 x 2-inch glass baking dish with oil to coat. Spread 3 tablespoons béchamel sauce thinly over bottom of dish. Arrange 3 noodles in dish to cover bottom (2 side by side lengthwise, then 1 crosswise). Spread half of chard mixture over pasta, then half of mushrooms. Drop half of ricotta over in dollops and spread in even layer. Sprinkle with half of Fontina, then 4 tablespoons Parmesan; spread 3/4 cup béchamel over. Repeat layering with 3 noodles, remaining chard, mushrooms, ricotta, Fontina, Parmesan, and 3/4 cup béchamel. Cover with 3 noodles and remaining béchamel. DO AHEAD: Can be made 2 hours ahead. Cover with foil. Let stand at room temperature.

Preheat oven to 400°F. Bake lasagna covered 30 minutes. Uncover and bake until heated through and top is golden brown, 20 to 30 minutes longer. Let stand 15 minutes before serving.

Vegetarian Stuffed Swiss Chard Leaves

Elana @ The Inventive Vegetarian

8 large leaves of Swiss chard with stem
1 3/4 cups water, divided
1/4 cup lentils
1/2 cups bulgur
1 1/2 tablespoons Tahini
1/4 Mint leaves, julienned
3/4 cup Craisins
2 cloves garlic, minced
1/2 Red Pepper, finely chopped
1-2 tablespoons of lemon juice
1-2 tablespoons of agave nectar
1 jar marina sauce, your choice or your own
1/3 cup grated parmesan cheese
Salt and pepper to taste

Preheat the oven to 400F. Put 1.5 cups of water and the lentils in a sauce pan and bring to a boil. Lower it to a simmer, and let it cook, covered, for 15 minutes. After 15 minutes, add the bulgur and another 1/4 cup of water to the pot. Bring it to a simmer and let it cook, covered, for 5 minutes. Then take the pot off the heat, give it a stir, and let it sit, covered for 15 minutes. In a large bowl, mix the tahini, lemon juice, and agave to form a loose paste. If the mixture looks too thick, add in a little water, a teaspoon at a time. Add the julienned mint and the peppers. When the bulgur and lentils are done, add those to the bowl, along with the craisins, and mix thoroughly. Add salt and pepper to taste. Bring a large pot of boiling water to a boil. Dunk the Swiss chard leaves into the water and hold for 10 seconds, then remove.

Pour a cup of the marinara sauce over the bottom of a 9 x 13 baking dish. Cut each leaf in half down the center, removing the stalk as you do so. Now it gets a little tricky. Place a heap of the bulgur-lentil filling 3/4 of the way up the leaf. Fold the top half of the leaf over the filling. Using your best burrito-folding skills, fold the sides of the leaf up (to contain the filling), and roll the leaf towards you. **If you end up with extra filling, toss it with some fresh baby spinach and red wine vinegar for a great salad. Place the stuffed leaf into the baking dish, and repeat until all the leaves have been stuffed. Pour the rest of the marinara sauce over the top of the stuffed leaves, and sprinkle the cheese on top of everything.

Bake for 25-30 minutes, until the cheese is nice and bubbly and the dish is heated throughout.