

P ntry News

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Swiss chard



Swiss chard is a mild tasting leafy green (milder than spinach). It comes with white, red, or yellow stems and ribs.

Chard stems less than 1/2 inch wide can be cooked with their leaves, but if wider than 1/2 inch, cook stems and leaves separately, and if wider than 1 inch, separate any thick ribs from the middle of the leaves as well.

Simple preparation:

1. Wash a bunch of chard and pat dry. Cut the leaves into 1/2-wide ribbons, and thinly slice the stems and ribs (like celery).
2. In a sauté pan, heat 1 Tablespoon each of oil and butter and add chopped garlic from 1 or 2 garlic cloves (optional) plus a pinch of dried red chili flakes (optional).
3. Add the raw stems & ribs and lightly salt them, cooking until they start to soften. Add more oil/butter combo if needed, then add the raw leaves and cover the pan, cooking 3 to 4 minutes.
4. Uncover the pan; raise the heat to evaporate the moisture. Cook until the chard is tender (and white beans, if using, are warmed through). Serve, drizzled with a little extra virgin olive oil.

Variation: For a more substantial dish, after step 3, add 1/4 cup chicken stock and 1 1/2 cups any kind of cooked white beans (canned are fine, drained and rinsed), and then proceed to step 4.

Swiss chard and pasta

1/4 cup Craisins® dried cranberries
1 bunch Swiss chard, about 8 cups packed leaves
1/2 medium red onion, sliced thinly (about 1 cup)
1/2 pound fettucine or other pasta

1/3 cup coarsely chopped walnuts
1 Tablespoon olive oil
2 garlic cloves, finely chopped
Grated Parmesan cheese

Put a large pot with a lot of water on to boil.

Plump the Craisins in 1/4 cup hot water, set aside; toast walnuts until golden and fragrant in a dry skillet over very low heat, stirring and watching closely so they do not burn; remove from heat and set aside.

Heat olive oil in a sauté pan over low heat. Add onion, 1/4 teaspoon salt and a few pinches of pepper. Sauté until the onion softens; then add garlic, chard leaves and 1/4 teaspoon salt. Sauté until the chard is barely tender, then reduce the heat to low.

Cook the pasta according to package directions. When it is just tender, drain in a colander, reserving some of the pasta water.

Add drained pasta to the chard leaves. Then add plumped fruit and toasted walnuts. If the dish seems dry, add some of the reserved pasta water. Serve with grated Parmesan cheese.

Variation: Add already cooked chard ribs (sliced and prepared separately) when you toss the pasta.

Today's Swiss chard comes from the Evan Morgan Farm in Dyberry Township.

See reverse side for more recipes.

WAYNE COUNTY FOOD PANTRY 570-253-4262



Eggplants, or aubergine, provides fiber and a range of nutrients including copper, manganese, B-6, and thiamine. In addition, eggplants are a source of phenolic compounds that act as antioxidants. Antioxidants help the body eliminate free radicals that can damage cells.



Tomato Eggplant Bake

Cheesy and delicious, this casserole features a crisp crumb topping. It's a good meatless entree for a summer-time meal.

Ingredients

- 1 medium eggplant (1 pound), peeled and cut into 1/2-inch slices
- Salt to taste
- 1 large tomato, sliced
- 1 medium onion, sliced
- 6 tablespoons butter, melted, divided
- 1/2 teaspoon dried basil
- 1/2 cup dry bread crumbs
- 4 slices mozzarella cheese, cut into thirds
- 2 tablespoons grated Parmesan cheese



Directions

- **1.** Place eggplant slices in a colander over a plate; sprinkle with salt and toss. Let stand 30 minutes. Rinse and drain well.
- **2.** Preheat oven to 450°. Layer eggplant, tomato and onion in a lightly greased 13x9-in. baking dish. Drizzle with 4 tablespoons butter; sprinkle with basil. Cover and bake 20 minutes.
- **3.** Toss bread crumbs and remaining butter. Arrange mozzarella cheese over vegetables; sprinkle with crumb mixture and Parmesan cheese. Bake, uncovered, for 10 minutes or until cheese is bubbly.

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