



BROWN BAG LUNCH IN THE GARDEN

July 8, 2011—Swiss Chard

This Week's Recipe:

Chard Burritos with Tomato-Chipotle Salsa

For Burritos:

- 1 lb. chard, washed and shaken dry
- 2 Tbl. Olive oil
- 1 medium onion, finely chopped
- 2 medium garlic cloves, minced
- Salt
- Flour Tortillas, warmed in a skillet
- 2 c. cooked rice
- 1/4 c. sour cream

For Salsa:

- 1 lb. tomatoes, diced
- 1 small chipotle chile in adobo sauce, minced (about 1 tsp)
- 1/2 tsp. fresh oregano, minced
- Salt

Separate the leaves and stalks of the chard. Chop the stems finely. Slice leaves coarsely.

Heat oil in skillet over medium heat, add onions and chard stalks. Cook, stirring occasionally, until soft and lightly browned. Add garlic and cook 1 minute. Add chard leaves and salt to taste. Cover and cook, stirring occasionally, until very tender. If greens are soupy, remove lid and let simmer for a minute or two. Adjust seasoning as needed.

Put rice, chard, sour cream, and salsa in each tortilla. Roll tortillas into bundles. Slice in half and serve.

from A Year in a Vegetarian Kitchen

Harvesting & Storing

- Gently pull-twist stalks near the ground.
- Harvest older leaves first.
- Store in a plastic bag, dry, in refrigerator, until ready to use.
- Harvest younger leaves for salads.

Other Points of Interest in the Garden:

- Butternut squash are growing really well.
- We're seeing first signs of spider mites and foliar diseases on tomatoes.
- Tomatoes appear to have set more fruit 7-10 days ago, during the cooler spell.

Coming Next Week— Summer Squash

<http://thedemogarden.org>

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Swiss Chard & Sweet Potato Gratin

This was the 2010 recipe, and everyone needs to try it!
Find the recipe at <http://thedemogarden.org/lunchinthegarden/>

Baked Swiss Chard Stems with Olive Oil & Parmesan

1 bunch chard stems
1/4 tsp. salt
olive oil for spraying pan and chard
1/4 cup coarsely grated parmesan cheese (I used Grana Padano from Costco, but any type of hard aged cheese would be good here.)
coarse ground black pepper to taste

Trim any discolored ends from chard stems, then cut stems on an angle into pieces about 3 inches long. If some stems are very thick, you may wish to cut them lengthwise so all pieces are approximately the same thickness.

Preheat oven to 400 F (or 375 F with convection.) Bring a pot of water to a boil, add salt and chard stems and boil about 6 minutes. Let chard drain well.

Spray a non-stick baking dish with olive oil. Place chard in the pan and mist lightly with olive oil, then sprinkle with cheese. (If doubling the recipe, make two layers, misting each layer with oil and sprinkling with cheese.) Bake about 20 minutes, or until chard is softened and cheese is slightly browned on the edges. Season with fresh ground black pepper if desired and serve hot.

~from Vegetables Every Day by Jack Bishop

Swiss Chard and Mushroom Squares

1 bunch swiss chard, stems cut out and cut into thin ribbons and then chopped (can also use other greens)
pinch salt
pinch red pepper flakes
1 small onion, diced small
2 cloves garlic, finely minced (or use 1/2 tsp. ground garlic from a jar)
1/2 lb Baby Bella (Crimini) mushrooms, diced into small pieces (about 12 mushrooms)

1 T olive oil (or a little more, depending on your pan)
1/2 tsp. soy sauce or Tamari
1/2 cup grated Monterey Jack Cheese (about 2 oz., can use other white cheese such as mozzarella, Gruyere, or swiss)
1/4 cup 100% whole wheat Panko crumbs
4 eggs, beaten
1/2 tsp. Spike Seasoning

Preheat oven or toaster oven to 350 F.

Cut away center ribs from chard. Cut chard into thin ribbons, then chop coarsely. Wash chard in salad spinner or colander. Bring small saucepan of water to a boil, add chard, salt, and red pepper flakes. Boil about 10 minutes, until chard is softened and cooked through. Let drain while you prep other ingredients.

Heat olive oil in heavy frying pan. Saute onions over medium heat about 3 minutes; add garlic and saute 2 minutes more. Add mushrooms and soy sauce and saute 5-7 minutes, or until mushrooms are softened and liquid is evaporated.

Squeeze water from drained chard and place into large plastic bowl. Add mushroom mixture, grated cheese, Panko crumbs, beaten eggs, and Spike Seasoning and mix together. Spray 9 X 9 inch glass or crockery casserole dish with olive oil or non-stick spray. Pour in egg mixture.

Bake 20-25 minutes, until firmly set but not hard, and slightly browned. Let cool slightly, then cut into squares. Serve hot or at room temperature. This is good served with sour cream.

Search www.epicurious.com for some yummy Swiss Chard Recipes too!