

## Seared Chard with Leeks

- 2 bunches chard
- 3 tablespoons butter
- 2 tablespoons extra-virgin olive oil
- 2 large leeks, halved lengthwise and cut crosswise into 1/4-inch-thick slices(white and pale green parts only)
- 3/4 teaspoon salt

1. Cut stems from chard (if leaves are large, cut out coarse portions of rib), then cut stems crosswise into 1/4-inch-thick slices.
2. Stack chard leaves and roll into cylinders. Cut cylinders crosswise to make 1-inch-thick strips of leaves.
3. Heat butter and oil in a 12-inch heavy skillet over moderately high heat until foam subsides, then sauté chard stems and leeks with sea salt and pepper to taste, stirring occasionally, until slightly soft, 3 to 5 minutes.
4. Add chard leaves and continue to sauté, stirring frequently, until wilted. (If greens begin to brown before they wilt, sprinkle with a few drops of water.).

## Crust less Chard and Cheese Quiche

- 1 tablespoon olive oil
  - 3 garlic cloves, minced
  - 5 small yukon gold potatoes, cut into 1/2 thick slices
  - 10 ounces chard coarsely chopped
  - 4 ounces goat cheese, crumbled
  - 1 cup milk (nonfat works fine)
  - 2 eggs
  - 2 egg whites
  - salt
  - pepper
1. Preheat oven to 350°F Add potato slices to a medium pot and fill with enough water to cover. Bring to a boil and cook until potatoes are tender, 5 to 10 minutes.

2. Heat oil in a large pot over medium heat. Add chard and cook until stems are tender and leaves are wilted, stirring often (about 5 minutes). Add garlic and cook one minute more. Turn off heat, season to taste with salt and pepper.
3. Spray a 9x9 pan with nonstick spray. Fill pan with a layer of potatoes and top with chard. Sprinkle goat cheese on top.
4. Whisk together milk, eggs, salt and pepper and pour over quiche.
5. Bake 45 to 50 minutes, until a tester comes out clean. Slice into squares and serve.

## Fettuccini With Greens (Chard & Spinach) and Caramelized Onions

- 4 onions, sliced
- 1 tablespoon olive oil
- 1 teaspoon sugar
- 1(14ounce)can vegetable broth
- 1 1/2 cups water
- 2 cups greens(kale, mustard or chard)
- 2 cups spinach
- salt and pepper
- 8 ounces fettuccine pasta, cooked, warm

1. Cook onions in oil over medium heat in a large skillet 5 minutes; reduce heat to low and stir in sugar.
2. Cook until onions are golden in color and very soft, about 20 minutes.
3. Stir in broth and water; heat to boiling.
4. Reduce heat and simmer, uncovered, until broth is reduced by about 1/3; 10 minutes.
5. Add greens; simmer, covered, until greens are wilted, 5-7 minutes.
6. Simmer, uncovered until broth is almost absorbed, 5 minutes.
7. Season to taste with salt and pepper. Spoon over pasta and serve.

## Guadalajaran Chard or Spinach Quesadillas

- 2 tablespoons canola oil
- 1 small onion, chopped(3/4 C)
- 2 garlic cloves, minced(2 tsp)
- 1 jalapeno or serrano chili, minced
- 1/4 teaspoon cumin seeds
- 1/8 teaspoon oregano
- 1/4 cup tequila (or white vinegar)
- 12 ounces chard, trimmed
- 8(6inch) corn tortillas
- 1 cup monterey jack cheese, grated

1. Heat oil in pot over medium heat; add onion and saute 5 minutes, until golden.
2. Stir in garlic, chile, cumin and oregano, and saute 2 minutes.
3. Add tequila (or white vinegar) and simmer 1 minute, or until liquid has evaporated.
4. Stir in chard; cover; reduce heat to medium low, and steam 5 minutes, or until chard wilts.
5. Uncover, and cook 3 minutes or until liquid has evaporated.
6. Place 1 tortilla in skillet over medium heat. Sprinkle with 1/4 C cheese; top with chard mixture and second tortilla.
7. Cook 2 minutes per side, or until browned. Repeat with remaining ingredients.
8. Slice into wedges and serve.

## Easy Steamed Artichokes

In a large pot, put a couple inches of water

a clove of garlic

a bay leaf (this adds wonderful flavor to the artichokes)

Insert a steaming basket. Add the artichokes. Cover. Bring to a boil and reduce heat to simmer. Cook for 35 to 45 minutes or until the outer leaves can easily be pulled off. Note: artichokes can also be cooked in a pressure cooker (about 20 minutes cooking time).