

White Bean and Mushroom Stuffed Swiss Chard

Prep time:

10 minutes

Cooking time:

10 minutes

Yields:

4 people

Ingredients:

8 swiss chard leaves, washed

1 cup onions, diced

1-2 cloves garlic, minced

½ teaspoon fresh rosemary, chopped

2 cups cremini mushrooms, chopped

1/4 cup dry white wine

1 15-ounce can cannellini or small white beans, rinsed and drained

1 15-ounce can diced tomatoes

1/2 cup fresh parsley, chopped

Kosher salt

Directions:

Add swiss chard leaves to boiling water for 30 seconds and then immediately transfer to a bowl filled with ice water. Drain the leaves once they are cool. This will make them more pliable.

In a large skillet, over medium heat saute onions, garlic, and herbs with oil spray or water. Salt lightly. Saute 4 to 5 minutes or until onions are soft. Add mushrooms and wine. Cook 5 minutes. Add beans, tomatoes, and parsley. Simmer for 10 minutes, stirring occasionally, until a most of the juice has evaporated. Salt and pepper to taste

Dry swiss chard leaves completely. Remove bottom stem where it meets the leaf. Using a sharp knife, carefully cut the stem that still remains on the leaf so that it is roughly flush with the leaf.

To assemble, place 2 swiss chard leaves down, overlapping in the middle. Bring the sides in and then roll up, like a burrito.