Stuffed Swiss Chard
From – Country Living

8 large leaves Swiss chard
1 cup cooked white rice
2 carrots (coarsely grated – about ½ cup)
1 to 2 fresh mint leaves (chopped)
¼ cup cucumber (seeded, peeled and coarsely grated)
2 green onions (chopped)
3 Tbsp low-sodium soy sauce
2 tsp fresh ginger (grated)
1 tsp honey
½ tsp salt
¼ tsp ground black pepper
1/3 cups rice vinegar
3 Tbsp sugar
2 tsp toasted sesame oil
1 tsp red pepper flakes

• Fill a large bowl with ice water and set aside.
• Fill a large saucepan with water and bring to a boil over high heat.
• Blanch chard leaves by submerging in the boiling water until the rib is softened and the leaves become limp, about 1 minute. Transfer to the prepared ice bath.
• Drain cooled leaves and stack between sheets of paper towel until dry.
• Cut out the rib of each leaf and set leaves aside.
• Combine the rice, carrot, mint, cucumber, ½ the onion, 1 Tbsp soy sauce, ginger, honey, salt and pepper in a large bowl.
• Place about ¼ cup of filling in the center of a chard leaf and roll into a cigar shape.
• Repeat with the rest of filling and heaves.
• Keep chilled until ready to serve.
• Mix the rice vinegar, sugar, remaining soy sauce, remaining onion, sesame oil and pepper flakes in a small bowl until combined.
• Serve with rolls.

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