

Ligurian Chard

with Pine Nuts & Feta

Liguria is a northern coastal region in Italy that is best known in culinary circles for being the birthplace of pesto sauce. The region's cuisine is quite different from the rest of Italy — almost no tomatoes are used. Pine nuts are abundant in Liguria, and are often found in dishes from the region.



Ingredients

- 3 Tablespoons Kalamata Olives
- 3 Cloves Garlic
- 1 Bunch Rainbow Swiss Chard
- 1 Lemon
- 1 Small Yellow Onion
- 1 Cup Tricolor Quinoa
- 1 Tablespoon Pine Nuts
- 1/8 Teaspoon Red Pepper Flakes
- 1 Cup Vegetable Broth
- 1/4 Cup Golden Raisins
- 1/2 Cup Crumbled Feta Cheese

Makes 2 Servings
About 475 Calories Per Serving



Instructions



Prepare the ingredients:

Heat a medium pot of water to boiling on high. Wash and dry the fresh produce. Using the side of your knife, press down on the olives and remove the pits. Roughly chop the olives. Peel and finely chop the garlic. Separate the Swiss chard stems from the green leaves. Chop the stems into ¼-inch pieces on an angle. Then, cut the leaves into bite-sized pieces. Cut the lemon into 4 wedges and deseed. Peel and thinly slice the onion.



Cook the quinoa:

Once the water is boiling, add the **quinoa**. Cook for 9 to 12 minutes, or until tender. Drain thoroughly and return to the pot. Stir in the **juice of 2 lemon wedges** and a little **olive oil**; season with salt and pepper to taste.



Toast the pine nuts:

While the quinoa cooks, toast the **pine nuts** in a dry pan on medium-high heat for 1 to 2 minutes, or until toasted and fragrant, stirring occasionally. (Be careful not to burn them!) Transfer to a small bowl and wipe out the pan. When cool enough to handle, roughly chop the pine nuts.



Cook the vegetables:

In a medium pan, heat a couple teaspoons of olive oil on medium until hot. Add the **onion, garlic**, and as much of the **red pepper flakes** as you like, depending on how spicy you'd like the dish. Cook 2 to 3 minutes, or until the onion starts to soften; season with salt and pepper. Add the **Swiss chard stems** and cook 2 to 3 minutes, or until the stems start to soften; season with salt and pepper.



Add the broth:

Add the **vegetable broth** and **raisins** and cook for 1 minute, or until well combined. Stir in the **Swiss chard leaves** and season with salt and pepper. Cook 3 to 4 minutes, or until the greens are wilted and the broth has slightly reduced in volume; season with salt and pepper to taste. Remove from heat.



Plate your dish:

Divide the quinoa between 2 dishes and top with the chard mixture. Sprinkle the **chopped olives** over the quinoa and greens, then garnish with the **toasted pine nuts, remaining feta cheese**, and **remaining lemon wedges**. Enjoy!