



Stuffed Chard Leaves

- 8 large Swiss chard leaves (with stems)
- 1 Tbsp olive, canola, or vegetable oil
- 1 large onion, finely chopped
- 2 garlic cloves, minced
- 1 cup, tightly packed, cooked medium-grain brown rice
- ¼ cup fresh parsley, finely chopped
- 2 Tbsp fresh mint, finely chopped
- ¼ cup currants

Optional: low-fat yogurt seasoned with garlic and lemon

1. Bring a large pot of water to boil. Place chard leaves and stems in water for 20-30 sec. Remove and transfer to bowl of cold water, drain. To remove the stems, cut a V at the base of each leaf where the stem connects. Chop stems and set aside.
2. Heat ½ Tbsp oil in large skillet over medium-low heat. Add onion, cook, stirring until very soft, about 8 min. Add chopped chard stems and continue to cook 5 min more. Stir in garlic and cook, stirring, about 30 seconds. Remove from heat.
3. Preheat the oven to 375°F. Grease a baking dish with ½ Tbsp oil. In a large bowl, mix the rice, onion mixture, herbs, and currants.
4. Place 2 Tbsp of filling on each chard leaf. Tuck the sides over the filling and roll up the leaves. Place in baking dish. Place ½ cup water in baking dish. Cover with foil and bake for 20 min, the leaves are tender. Serve with yogurt mixture as dipping sauce.



Makes: 4 servings

Nutrition Information:

CALORIES 150 (23% from fat); FAT 4g (sat 0.5g); CHOLESTEROL 0mg; SODIUM 210mg; CARBOHYDRATE 25g; FIBER 4g; PROTEIN 4g; CALCIUM 8%; IRON 20%



Honey-Poached Peaches & Blackberries

- 2 cups water
- ½ cup orange juice
- 6 Tbsp honey
- ½ tsp vanilla extract
- 4 ripe peaches
- 1 cup fresh blackberries
- Optional: low-fat vanilla frozen yogurt



1. Combine water, orange juice, honey, and vanilla in a large saucepan. Bring to a boil, stirring until honey dissolves. Add whole peaches and cook, turning gently, until the skins loosen, 1-2 min. Remove with tongs or a slotted spoon, rinse under cold water and drain.
2. Once peaches are removed, raise heat so poaching liquid boils briskly and begins to reduce. Peel the peaches and add skins to the boiling liquid. Cut peaches in half vertically.
3. Lower heat to a simmer. Return peaches to the pan and poach until not quite tender when pierced with a fork, 3-7 min. Peaches should still hold their shape. Transfer them to a bowl with tongs or a slotted spoon. When cool, gently remove pits. Cover and refrigerate for at least 30 min.
4. Raise heat so liquid is boiling, cook until reduced to about 2/3 cup, 14-18 minutes. Watch carefully to prevent scorching. Remove skins from syrup. Cover and refrigerate syrup for at least 30 min.
5. Let fruit and syrup come to room temperature. Arrange peach halves in serving bowls, top with syrup, blackberries, and frozen yogurt, if desired.

Makes: 4 servings

Nutrition Information:

CALORIES 190 (3% from fat); FAT 0.5g (sat 0g); CHOLESTEROL 0mg; SODIUM 0mg; CARBOHYDRATE 48g; FIBER 4g; PROTEIN 2g; CALCIUM 2%; IRON 4%