

Swiss Chard and Brown Rice

1 cup brown rice, cook as directed

½ cup red onion

2 cloves garlic, finely chopped

1 lb. Swiss chard, washed, stems removed, and coarsely chopped

¾ cup red or white wine or chicken stock (plus a couple tablespoons of chicken stock)

1 cup diced tomatoes (fresh or canned)

1 tsp. red pepper flakes

Salt and pepper to taste

Directions.

In large skillet, heat a couple tablespoons of chicken stock and stir in the onion. Sauté for about 2 minutes and stir in the garlic. Add the chopped swiss chard and toss to coat. Pour in the wine or stock. When the chard begins to wilt, stir in the tomatoes. Simmer for a couple of minutes. Do not overcook the chard. It is ready to serve when the chard is wilted. Stir in the brown rice and serve. Optional toppings: A little cilantro, your favorite grated cheese, or a tablespoon of toasted pine nuts.

Coral McDonnell