

Swiss Chard Roll-ups.....a New Adventure in Cooking!



Ingredients:

Swiss Chard leaves and stems *What other leaves might you want to try?*

Fillings:

Tofu furukake, pepper, sweet garlic ginger spice

What other spice/herbs might you like to try?

Ricotta Cheese lemon pepper, pepper chopped parsley and mint

What other spices/herbs might you like to try?

Rinse, then steam leaves and stems. Cool. Slice up stem into little crunchy chunks. Cut leaf into pieces like a nori wrapper. A large leaf can give you 3 big pieces.

Mix filling with spices. Taste and adjust your flavors. Mix and taste again. Put a spoonful of filling in your steamed leaf. Sprinkle in chunks of the cut up stem for texture. Roll it up carefully. You can sprinkle a little garnish on top. Ta daaa!

Swiss chard and ricotta cheese have calcium for your bones.

Ricotta cheese and tofu have protein for your muscles! What a deal!

You might want to investigate Stuffed Cabbage Rolls---good for vitamin C.

Chef Frady's family made Dolmades, when he was young. They are stuffed grape leaves with rice and herbs. Yum! Check them out too. How can you find out more?