

# 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 leaves.
- 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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