

Savory Swiss Chard Pie

Ingredients:

12 ounce (340 g) chard
1 medium onion, chopped
2 cloves garlic, minced
12 ounce (349 g) firm or extra-firm tofu (drained)
1/2 cup (60 ml) plain soy milk
2 tbsp nutritional yeast
1 tbsp potato starch or cornstarch
1 heaping tbsp (1/2 ounce or 15 g) raw cashews (optional)
1/4 tsp onion powder
1/8 tsp turmeric
1 pinch salt
1 pinch nutmeg
1/8 tsp cayenne
2 tsp (or 1 tsp dried) fresh thyme leaves



Directions:

Preheat oven to 375F. Spray a 9-inch ceramic pie pan lightly with non-stick spray. Wash the chard but do not dry. Remove the center stem from each leaf. Set the leaves aside and chop the stems into small pieces. In a large skillet, saute the onion and chard stems until softened (about 5 minutes), adding a tablespoon of water, if necessary to prevent sticking. Meanwhile, cut the chard leaves into bite-sized pieces. Add them to the pan along with the garlic, reduce heat, and cover. Cook until all chard is wilted. Remove from heat. If any water has accumulated, drain it; then spread chard in bottom of prepared pie pan. Place tofu and remaining ingredients in a blender, and puree until very smooth. Pour over the chard in the pie pan. Use a spoon to gently open holes through the chard so that the tofu mixture penetrates it. Smooth the top so that tofu layer is even and covers all the chard. Bake for 30 minutes, or until center is set. Remove from oven and allow to rest for 10 minutes before slicing and serving.



While the leaves are usually green, the stalks vary in color. The chard is high in vitamins A, K and C and is a good source of dietary fiber. In addition, it contains iron and a number of polyphenol anti-oxidants. Polyphenols are the most abundant anti-oxidants in the diet. There is a strong support to the contribution of polyphenols to the prevention of cardiovascular diseases and cancers. Many Mediterranean dishes call for it either raw or cooked. Add chard to vegetable soup for a surprising change, it also goes together with stews very well. Lentil and chard stew is a healthy, delicious, and filling choice! Though we are still in the summer months, you may prepare the chard stew and have it as the main meal or a side dish, even cold. The ingredients are basic; onions, celery, carrots, garlic, olive oil, water, lentil and of course chard. For a Sicilian twist, add quinoa, pine nuts, pitted olives and raisins.