

Creamy Gratin of Chard



2 bunches Chard
1-2 sprigs of fresh Rosemary
1 small Onion, diced
2 T Butter
1 T Flour
1 cup Milk
1/4 tsp Cayenne Pepper
1/2 cup Gruyere Cheese
1/2 cup Breadcrumbs
Salt

Preheat oven to 400°F. Butter a gratin dish.

After washing and stemming the chard, save the stems and coarsely chop them. Place the stems in 2 quarts of salted boiling water for 2 minutes, add the leaves and cook for 2- 3 minutes or until soft. Drain and cool. Gently squeeze out remaining liquid and chop.

Place a medium saucepan over medium heat, melt 1T of butter and sauté the onion until translucent, about 5 minutes. Season with salt (to taste) and cayenne. Add flour and continue to cook for 1 minute more. Slowly pour in milk, stirring constantly. Allow the mixture to thicken. Add 1/4

cup of the Gruyere and stir to combine. Remove from heat. Put chard into the cheese and onion mixture and toss to coat.

Pour chard into the buttered gratin dish, gently spread out mixture with the back of the spoon. Sprinkle with breadcrumbs and remaining Gruyere cheese. Dot the top of the gratin with remaining 1T of butter. Bake until bubbly and golden brown, about 20 minutes. Serve hot.

Note: You can use this method with a variety of vegetables. Try asparagus, cauliflower or tomatoes. Use your imagination!

Spinach Pie



1 - 10 oz package frozen chopped Spinach, thawed and squeezed dry
1 - 12 oz container small curd Cottage Cheese
1 cup Parmesan Cheese, grated
2 cups Monterey Jack Cheese, shredded

1 Egg, lightly beaten
1/2 cup Sweet Onion, chopped
1 package frozen Phyllo Dough, defrosted 1/2 cup Butter, melted

Preheat oven to 400°F. Lightly grease a medium baking sheet.

In a large bowl, mix spinach, cottage cheese, Parmesan cheese, Monterey Jack cheese, egg, and onion.

If you have never worked with phyllo dough, don't let it intimidate you. When you open the package you will find two individually wrapped sections of dough. Each section contains approximately 20 sheets of phyllo. Because phyllo dries out quickly, you will want to keep the unwrapped portion covered with a damp cloth while you are working with each individual sheet.

Place one sheet of phyllo dough on the baking sheet and lightly brush with butter. Add another layer and brush with more butter. Continue layering sheets in this fashion until you have layered the whole section.

Spread half the spinach mixture over the phyllo. Roll the buttered sheets together like a jelly-roll, pinch the ends to seal, and arrange on the prepared baking sheet. Repeat with other phyllo dough section.

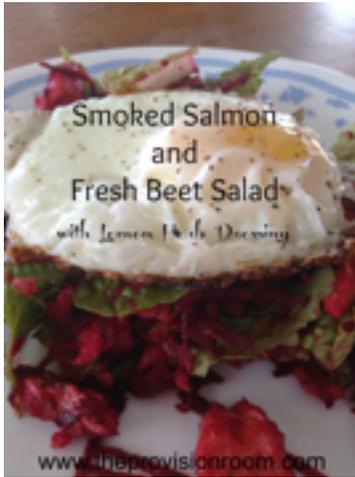
Make a few small slits in the top of each rolled spinach pie. Bake 40 minutes in preheated oven, until golden brown.

ROOIBOS MINT REFRESHER

4 Rooibos tea bags (also called “red tea”)
1/2 cup fresh mint leaves
4 cups boiling water
2 cups apple juice
2 cups cold water
ice cubes, for serving
Sprigs of mint for garnish (optional)

In a large heatproof pitcher, combine tea bags, mint leaves and boiling water. Steep for 10 minutes. Discard tea bags and mint. Add apple juice and cold water. Refrigerate until cold. Serve over ice and garnish with fresh mint sprigs.

Smoked Salmon and Fresh Beet Salad



For the Salad:

3 heads green leaf lettuce, washed and torn in salad sized pieces
handful of chives, chopped
3 raw beets, peeled and grated
6 – 8 oz. smoked, flaked salmon (not lox.) (Can substitute canned salmon.)
1 egg per person
Salt and freshly ground pepper to taste

For the dressing:

juice from one whole lemon
1/4 cup extra virgin olive oil
2 garlic cloves, minced
1/4 teaspoon dried oregano
1/4 teaspoon dried dill
1/8 teaspoon Kelp granules (optional)

DIRECTIONS:

Start with the dressing. Mix all ingredients together. Set aside to allow the flavors to come together. Mix all salad ingredients, except the egg. Make sure you flake the salmon into smaller shreds so that it is evenly distributed throughout the salad. Toss with the dressing to taste.

Medium fry each egg, so that you keep that delicious runny yolk. Serve the salad on plates and top each serving with the fried egg. Sprinkle with the salt and fresh pepper to taste.