



FORKS OVER KNIVES™

Millet-Stuffed Chard Rolls | by Chef Del Sroufe

From *Forks Over Knives – The Cookbook*

Serves 6



- 12 large Swiss chard leaves, ribs removed
- 1 large onion, peeled and finely diced
- 6 cloves garlic, peeled and minced
- 3 tablespoons minced basil
- 1 tablespoon thyme
- 1½ cups millet
- 5 cups Vegetable Stock (recipe follows), or low-sodium vegetable stock
- ½ cup pine nuts, toasted
- ¼ cup nutritional yeast
- Salt and freshly ground black pepper to taste
- 1 batch Roasted Red Pepper Sauce (recipe follows)

Instructions:

Have ready a large bowl of ice water. Bring a pot of water, large enough to hold the chard leaves without bending them, to a boil. Add the chard and blanch it for 20 to 30 seconds until it softens. Submerge the softened leaves in the ice water to stop their cooking. Set aside.

Preheat the oven to 350°F.

Place the onions in a large saucepan and sauté over medium heat for 8 minutes. Add water 1 to 2 tablespoons at a time to keep the onions from sticking to the pan. Add the garlic and cook for 2 minutes. Add the basil, thyme, millet, and 4½ cups vegetable stock and bring to a boil over high heat. Reduce the heat to medium and cook, covered, for 20 minutes, or until the millet is tender. Add the pine nuts and nutritional yeast, and season with salt and pepper.

Place a chard leaf on a flat surface. Spoon some of the millet mixture in the middle of the chard leaf. Fold the large end of the chard over the filling, then fold the sides in and roll the leaf up like a cigar. Place the roll, seam side down, in a 9 × 13-inch baking dish. Repeat with the remaining chard leaves. Pour ½ cup vegetable stock into the pan to cover the bottom of the pan. Cover the dish with aluminum foil and bake for 25 minutes, or until the chard leaves have wilted and are tender. Serve topped with the roasted red pepper sauce.

Vegetable Stock

Makes about 6 cups

1 large onion, peeled and chopped
2 large carrots, peeled and chopped
2 celery stalks, chopped
8 cloves garlic, peeled and smashed
8 sprigs parsley
1/2 cup green lentils, rinsed

Instructions:

Scrub the vegetables and chop them roughly into 1-inch chunks. In a large pot, add the onion, carrots, celery, garlic, parsley, and lentils and cook them over high heat for 5 to 10 minutes, stirring frequently. Add water 1 to 2 tablespoons at a time to keep the vegetables from sticking to the pan. Add 2 quarts of water and bring to a boil. Lower the heat and simmer, uncovered, for 30 minutes. Strain the stock carefully and discard the solids.

Note:

Vegetable stock keeps for up to a week in the refrigerator and several months in the freezer. Freeze stock in ice cube trays, and then keep frozen stock cubes on hand to add to dishes that call for small quantities of stock or water.

Roasted Red Pepper Sauce

Makes 2 cups

1 package extra firm silken tofu, drained
2 large red bell peppers, roasted and seeded
3 cloves garlic, peeled and chopped
2 tablespoons chopped dill
1 teaspoon salt
1/2 teaspoon freshly ground black pepper
Zest of 1 lemon

Instructions:

Combine all ingredients in the bowl of a food processor and puree until smooth and creamy. Refrigerate in an airtight container until ready to use.