

# SAUTEED RAINBOW SWISS CHARD WITH PINENUTS & GOLDEN RAISINS

## INGREDIENTS

- 1/4 cup water
- 1/2 teaspoons salt and pepper
- 1/2 to 1 cup chopped onion
- 2-4 cloves garlic - optional
- 1-2 bunches Swiss chard, leaves and stalks coarsely chopped (kale can also be used)
- 2 TBSP olive oil
- 1/4 cup pine nuts
- 1/4 cup golden raisins, (soaked in hot water and covered for 5 minutes – optional)



## DIRECTIONS

- In a large skillet, heat the olive oil over medium heat.
- Sauté onions (and garlic) until glassy.
- Add the pine nuts, making sure to stir well.
- Add the Swiss chard and the raisins. Mix well. Add 1 TBSP of water at a time to allow the chard to steam. Season to taste with salt and pepper.
- Continue cooking until chard is a deep, rich green, and looks a little wilted but not mushy

# MUFFIN QUICHES TO GO

## INGREDIENTS

- 6 large eggs or 1 1/2 cup egg whites
- 1 package frozen chopped spinach (10 oz.)
- 1/4 cup crumbled feta or goat cheese
- 1 cup diced red or green peppers or mixture of both
- 1 cup diced onions (lightly sautéed optional)
- chopped fresh herbs – cilantro, basil, parsley etc
- Salt, pepper, cayenne pepper to taste (fajita, curry, Cajun spice optional)
- Don't be afraid to use any veggies you would usually put in your eggs – experiment!



## DIRECTIONS

- Heat oven to 350F
- Line 12 cup muffin pan with foil baking cups, spray the cups with the cooking spray. Be sure not to omit this step, or the quiches will stick badly to the baking cups.
- Thaw and drain spinach - I wring it out well in my hand, which eliminates a lot of the "spinachy" taste for those who hate boiled spinach.
- Mix the spinach, eggs or egg substitute, cheese, peppers, onions, hot pepper sauce, salt in a bowl.
- Fill the foil cups with the mixture.
- Bake at 350F or 20 minutes. Quiches are done when a knife inserted in the middle comes out clean.