

I am so glad so many of you enjoyed this dish. I rarely cook from recipes, I tried a similar combination out on my husband and he loved it. I later perused Epicurious.com and found a recipe that used gruyere cheese so I added that to my dish. Janna suggested I submit it to the newsletter so I came home and wrote it out lest I forget anything. Enjoy!  
Vicki Lienau

## QUINOA / SWISS CHARD GRATEN

### INGREDIENTS

Swiss Chard	1 large bunch	Gruyere Cheese	¼ pound grated
Quinoa	1.5 cups uncooked	Feta Cheese	½ pound crumbled
1 medium onion		Parmesan Cheese	¼-1/2 cup grated
3-4 cloves garlic (or to taste)		Salt and Pepper	
Red Pepper Flakes (to taste)			

Bring 3 cups of water to a boil, add QUINOA and simmer for about 20 minutes until water is absorbed remove from heat and fluff with a fork

Meanwhile:

Separate CHARD leaves from the larger stems, wash and drain both leaves and stems  
Slice leaves into large bite size pieces (it will shrink on cooking) and set aside  
Chop stems into ½ inch pieces  
Chop ONION into small dice  
Mince GARLIC

In a large sauté pan heat enough OLIVE OIL to generously cover the bottom of the pan.  
Add ONION and sauté for a few minutes (do not brown)...

add CHARD STEMS, some SALT AND PEPPER, and a few RED PEPPER FLAKES  
sauté until almost tender

add GARLIC and CHARD LEAVES and sauté until leaves are just tender

LOWER HEAT

Return cooked QUINOA to CHARD mixture and stir to incorporate well

Add GRUYERE and FETA ... stir to blend and cook for a few minutes to melt cheeses

TRANSFER to a baking dish and top with PARMESAN

Bake at 400 or Broil.....just until PARMESAN melts

Serve warm.

Quinoa is one of the most nutritious grains available. It is a complete protein, cooks in only 20 minutes, is a whole grain and is also gluten free. It is easily found in health food stores and larger grocery stores.

