

# Stuffed Chard with Fresh Marinara

Reminiscent of the stuffed cabbage of yore, the mild flavor of chard makes these beef-stuffed rolls perfect for the whole family. Make It a Meal: A side of whole-wheat spaghetti to soak up the sauce plus a glass of Syrah.

**Servings:** 4 servings, 2 rolls each

**Prep:** 35 mins

**Total:** 40 mins



## INGREDIENTS

- 1 pound 90%-lean ground beef
- 1/2 cup plain dry breadcrumbs
- 2 medium shallots, minced, divided
- 1 1/2 teaspoons Italian seasoning, divided
- 1 teaspoon garlic powder
- 1/2 teaspoon freshly ground pepper, divided
- 8 large Swiss chard leaves, stems removed (see Tip)
- 1 14-ounce can reduced-sodium chicken broth
- 1 tablespoon extra-virgin olive oil
- 1/4 teaspoon crushed red pepper
- 1 28-ounce can crushed tomatoes
- 1/2 cup freshly shredded Parmesan cheese, (optional)

## DIRECTIONS

1. Gently mix beef, breadcrumbs, 1 tablespoon shallot, 1/2 teaspoon Italian seasoning, garlic powder and 1/4 teaspoon pepper in a large bowl until just combined. Divide the mixture into 8 oblong 3-inch portions.
2. Overlap the two sides of a chard leaf where the stem was removed and place a portion of beef there. Tightly roll the chard around the beef. Place each roll, seam-side down, in a large nonstick skillet. Pour in broth, cover and bring to a boil over high heat. Reduce heat to a simmer; cook until an instant-read thermometer inserted into the center of a roll reads 165 degrees F, 8 to 10 minutes. Discard any remaining broth.
3. Meanwhile, heat oil in a medium saucepan over medium heat. Add the remaining shallot, 1 teaspoon Italian seasoning, 1/4 teaspoon pepper and crushed red pepper. Cook, stirring often, until the shallot is soft, 1 to 2 minutes. Stir in tomatoes and cook, stirring occasionally, until slightly reduced and thickened, about 8 minutes. Serve the chard rolls topped with sauce and Parmesan cheese, if desired.

### Tips:

Tip: Remove chard stems, including the widest section of the rib at the base of the leaf, by making narrow triangular cuts.

MAKE AHEAD TIP: Cover and refrigerate the chard rolls in the sauce; reheat in a covered baking dish at 350 degrees F for about 10 minutes.

## NUTRITION FACTS

Calories 388, Total Fat 16 g, Saturated Fat 5 g, Monounsaturated Fat 7 g, Cholesterol 43 mg, Sodium 720 mg, Carbohydrate 32 g, Fiber 6 g, Protein 32 g