



Sunchoke Dumplings with Rainbow Swiss Chard

8 ounces sunchokes
1/2 teaspoon salt
2 Tablespoons cooked bacon bits
1 large egg
3/4 to 1 cup white whole wheat flour
2 Tablespoons melted butter
1 Tablespoon olive oil

Rainbow Swiss Chard

1 large bunch Rainbow Swiss Chard
3 Tablespoons butter
1 Tablespoon oil
1 teaspoon dried thyme
1 teaspoon dried basil
1/3 cup dried pomegranate infused cranberries
1/4 cup raw pumpkin seeds
Salt; ground black pepper to taste
1/4 cup grated or shredded Parmesan cheese
Small cherry or grape tomatoes as desired
Garnish: fresh basil sprig

Scrub sunchokes; peel if desired; cut into chunks. Place in saucepan; cover with water; bring to a boil; cook for about 20 minutes or until tender. Mash the tender sunchokes; Add salt, bacon bits, and egg, Slowly stir in flour, adding flour until dough is smooth but sticky.

Fill large saucepan with salted water; bring to a boil. Using lightly oiled teaspoon, drop sunchoke dough in water. As dumplings rise to top; remove to medium sized bowl; toss with melted butter and olive oil. Set aside.

Prepare Swiss Chard: Wash chard in lots of cold water; several times to remove any soil. Trim the green leaves from the stems; trim the stems discarding any dry parts.

Cut the stems into 1/2 inch pieces; wash in salad spinner; place in large bowl. Cut leaves coarsely into 1-1/2 inch wide strips; wash leaves in salad spinner; place in large bowl.

In a 12 inch deep skillet, melt butter; add oil; Add thyme and basil; Add chard; turn over with tongs until cooks down a little; thoroughly mix herb butter mixture with chard.

Reduce heat to low; add the cranberries and pumpkin seeds; toss with cooked wilted chard. Season with salt and pepper as desired. Toss with prepared sunchoke dumplings; sprinkle with shredded Parmesan cheese. Place in serving dish. Arrange cherry tomatoes on platter as desired. Garnish with fresh basil sprig. Serve warm.
Serves: 4 to 6

Recipe Inspired by: *Wild Flavors* by Didi Emmons

About the Recipe: Rainbow chard is one of the most beautiful greens to use with its vibrant colors twirling amidst those emerald green leaves. You almost forget that this vegetable is a top healthy vegetable choice. Sunchoke dumplings enhance this side dish, adding an earthy umami flavor and interesting texture.