



### **Features #3 Veggie Power Star Chard**

#### **Rainbow Chard with Cranberries and Pumpkin Seeds**

1/3 cup dried cranberries  
1 large bunch Rainbow Swiss Chard  
3 tablespoons butter  
1 Tablespoon oil  
1 teaspoon The Spice House French Select dried thyme  
1 teaspoon The Spice House dried basil  
1/4 cup raw pumpkin seeds  
Salt; black pepper to taste  
3Tablespoons shredded Parmesan cheese or as desired

Place cranberries in small bowl; cover with hot water. Set aside to soften.

To clean the 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 drained softened cranberries and pumpkin seeds; toss with cooked wilted chard. Season with salt and pepper as desired; sprinkle with shredded Parmesan cheese; toss lightly. Place in serving dish. Serve warm.

Yield: Serves 4

**Recipe Inspired by:** <http://www.thespicehouse.com/recipes/chard-with-pine-nuts-and-raisins-recipe>

**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 contender too. This recipe is an ethnic and family favorite, and the simple style is similar to classic Italian preparations. We added a touch of basil but dried marjoram can be used. A light sprinkling of shredded Parmesan cheese as a finishing touch takes you right to Italy.