



Stuffed Swiss Chard Rolls

By Mary Reilly

Servings: 6

Ingredients	Nutrient value per serving Serving Size = 3 rolls and ¼ c. sauce
<p>6 c. water, divided 1 c. medium or coarse bulgur wheat 2 T. olive oil, divided 1 small onion, grated 1 clove garlic, minced 1 t. salt, divided 1 28-oz. can no-salt-added crushed tomatoes 1 t. brown sugar 1 T. red wine vinegar 18 med. Swiss chard leaves, stem ends trimmed off 1 med. Sweet potato, peeled and grated 4 scallions, white and green parts, cut crosswise into thin slices 1/3 c. raisins ¼ c. dill, chopped</p>	<p>Exchanges 2 starch 3 vegetable 1 protein 1 fat Calories 192 Calories from Fat 40 Total Fat 5 g Saturated Fat 0 g Cholesterol 0 mg Sodium 710 mg Carbohydrate 35 g Fiber 10 g Sugar 17 g Protein 5 g</p>
Instructions	Notes
<p>1. Bring 2 c. of water to a boil. Place bulgur in a large bowl and cover with boiling water. Place a lid over the bowl and set aside. 2. Heat 1 T. of oil in a 3-quart saucepan over medium-high heat. When oil is hot, add onion and cook, stirring, until just starting to brown. Add garlic, a ½ t. salt, tomatoes, sugar and vinegar. Lower heat and simmer for about 10-15 min., stirring occasionally. Remove from heat. 3. Bring 4 c. of water to a boil in a large skillet. Using tongs, dip each chard leaf into the water to wilt it. Lay the leaves flat on a baking sheet to cool. Add the sweet potatoes and 1 T. olive oil to water remaining in the pan and simmer until the sweet potato shreds are tender. If the water evaporates before the sweet potatoes are tender, add more, a ½ c. at a time, and continue simmering. 4. When sweet potatoes are cooked through, add the cooked bulgur, a ½ t. salt, scallions, raisins and dill to the pan and combine well. 5. Spread a chard out and place a scant 1/3 c. of filling on the lower third of the leaf. Fold the bottom edge of the leaf up and roll tightly, tucking in the sides as you go. Repeat. 6. Garnish rolls with the tomato sauce and microwave until streaming, about 4-6 min.</p>	<p>Prep and cook time: 40 min.</p> <p><i>VEGAN recipes are prepared without any animal products including fats, milk or eggs. Check the label on each ingredient to make sure the brand you are using does not contain these items.</i></p> <p>Note: All exchange values are approximate. When an optional or additional ingredient is offered, exchange values may change.</p>