

Cashew Chard Burritos

This recipe is part of a healthy spa menu developed exclusively by Epicurious found at www.epicurious.com. Makes 6 servings.

1/2 cup	French green lentils, dried
1 tsp.	olive oil
1 medium	onion, peeled and finely diced
2 cloves	garlic, minced
1 cup	carrots, finely diced
6 ounces	firm tofu, rinsed, patted dry, and diced
1/2 cup	raw whole cashews
2 tbsp.	fresh basil leaves, finely chopped
2 tbsp.	fresh oregano leaves, finely chopped
1 tsp.	ground cumin
1/2 tsp.	sea salt
1/4 tsp.	dried hot red pepper flakes
1/4 tsp.	freshly ground black pepper
6 large	unblemished Swiss chard leaves, trimmed

- 1) In large bowl, combine lentils and water to cover by 2 inches. Cover and refrigerate at least 6 hours. Drain and transfer to small saucepan. Add 3 cups cold water, place over moderate heat, and boil. Cover, reduce heat to moderately low, simmer until lentils are tender, about 45 min. Drain and cool.
- 2) In medium saucepan over moderately low heat, heat oil until hot but not smoking. Add onion and garlic and saute until onion is translucent and garlic is fragrant, 5 to 7 min. Add carrots and saute until beginning to soften, about 5 min. Stir in lentils, tofu, cashews, basil, oregano, cumin, salt, pepper flakes, and ground pepper. Reduce heat to low, cover, and cook 15 min. Keep warm.
- 3) Preheat oven to 200 degrees F. Fold each chard leaf in half along central stem and slice away lower, thickest part of stem. In wide, shallow, covered pan, bring 1 inch water to boil. Set steamer basket in pan and carefully layer chard leaves inside. Steam until tender and flexible, about 5 min. Transfer to kitchen towel-lined plate to drain.
- 4) Arrange 1 leaf on work area, overlapping slit sides slightly. Spoon 1/2 cup filling onto center of leaf and fold in top to bottom of leaf to cover filling. Starting on one side, roll up leaf as for burrito. Place seam-side down on baking sheet in oven to keep warm. Repeat with remaining leaves and filling. Serve burritos warm.

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Shopping List

Cashew Chard Burritos

<u>Ingredients</u>	<u>Wiegth or Volume</u>	<u>PLU #</u>
French green lentils	1/2 cup	_____
olive oil	1 tsp.	_____
onion	1 medium	_____
garlic	2 cloves	_____
carrots	1 cup	_____
firm tofu	6 ounces	_____
raw whole cashews	1/2 cup	_____
fresh basil leaves	2 tbsp.	_____
fresh oregano leaves	2 tbsp.	_____
ground cumin	1 tsp.	_____
sea salt	1/2 tsp.	_____
hot red pepper flakes	1/4 tsp.	_____
ground black pepper	1/4 tsp.	_____
unblemished Swiss chard leaves	6 large	_____

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raw whole cashews	1/2 cup
fresh basil leaves	2 tbsp.
fresh oregano leaves	2 tbsp.
ground cumin	1 tsp.
sea salt	1/2 tsp
hot red pepper flakes	1/4 tsp
ground black pepper	1/4 tsp
unblemished Swiss chard leaves	6 large