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Stuffed Chard With Fresh Marinara

Prep Time: 20 mins

Cook Time: 20 mins

Total Time: 40 mins

Ingredients

1 pounds beef, lean ground
1/2 cup(s) bread crumbs, fine, dry
2 medium shallot(s)
1 1/2 teaspoon Italian seasoning, dried
1 teaspoon garlic powder
1/2 teaspoon pepper, black ground
8 slice(s) Swiss chard, fresh
14 ounce(s) broth, chicken, less sodium
1 tablespoon oil, olive, extra-virgin
1/4 teaspoon pepper, red, crushed
28 ounce(s) tomatoes, crushed
1/2 cup(s) cheese, Parmesan

Preparation

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.

3. 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°F, 8 to 10 minutes. Discard any remaining broth.



Quick Info:

4 Servings



Quick Meal



Contains Wheat/Gluten



Contains Dairy



Contains Red Meat

Nutritional Info (Per serving):

Calories: 388, Saturated Fat: 5g, Sodium: 720mg, Dietary Fiber: 6g, Total Fat: 16g, Carbs: 32g, Cholesterol: 43mg, Protein: 32g

Carb Choices: 1.5

Recipe Source:

EatingWell.com

4. 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.

5. 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.



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