

RECIPES

"Brought to you by the Chefs at Cancer Treatment Centers of America"

Stuffed Swiss Chard Leaves with a cucumber yogurt sauce

(Filled with lentils, pumpkin seeds & millet) Gluten and Wheat Free

Yields 2-3 servings can be served hot or cold

Ingredients for the stuffing

<i>1 cup cooked millet</i>	<i>¼ tsp ground cumin</i>
<i>1 cup cooked brown lentils</i>	<i>½ tsp coriander</i>
<i>1 Tbsp olive oil</i>	<i>½ tsp curry powder</i>
<i>¼ cup of pumpkin seeds</i>	<i>¼ tsp fresh chopped ginger</i>
<i>½ cup of sweet raisins</i>	<i>½ cup vegetable broth</i>
<i>¼ cup chopped green onion</i>	<i>¼ cup chopped parsley</i>
<i>¼ cup small diced red pepper</i>	<i>Sea salt and pepper to taste</i>
<i>½ tsp chopped garlic</i>	<i>4- 5 large swiss chard leaves</i>

Method

Heat sauté' pan with olive oil, sauté red pepper, green onions and garlic, lightly, add pumpkin seeds, raisins, and seasonings, add in the vegetable or chicken broth and stir until raisins are plump, and then add millet and lentils, stirring mixture, taste and season with salt and pepper

Lay out swiss chard leaf (outer side down), scoop mixture in the center, fold sides and roll

(Like a cabbage roll). Place in a sprayed oiled pan cover with foil and bake at 350 for 20 mins. Remove from pan and place on plate, ladle sauce over garnish with chopped cilantro and lemon circles

Calories 2 each per serving (9 oz size) 264

Protein 6 g

Total Fat 4 g

Saturated Fat 1 g

Yogurt & Cucumber Sauce

<i>½ cup organic plain fat free yogurt</i>	<i>½ tsp garlic</i>
<i>¼ cup of sour cream</i>	<i>½ tsp dill</i>
<i>1 whole peeled cucumber</i>	<i>½ tsp lemon pepper</i>

Place all in a blender and mix