

UofL Health Promotion Office Featured Recipe

Use the abundant local veggies from Farmers' Markets to make a luscious and nutrient-dense meal...quickly!

Garlicky Potatoes and Chard

Ingredients:

- 1 lb small potatoes (scrubbed)
- 3 cloves of garlic (finely chopped)
- 1 Tbs olive oil (can substitute for broth)
- 1 bunch chard (stems removed)
- 1 cup vegetable or chicken broth
- 1 Tbs freshly squeezed lemon juice
- salt and pepper (to taste)



Preparation:

1. Place the potatoes in a large saucepan. Add cold water to cover by an inch and season generously with salt. Bring to a boil, reduce the heat, and simmer until potatoes are fork tender, about 10-12 minutes, depending on the size.
2. Drain and halve the potatoes and set aside while you prepare the chard mixture.
3. Add the garlic and a tablespoon of olive oil (or broth) into a large skillet over low heat. Cook 4-5 minutes or until the garlic becomes fragrant.
4. Roughly chop the chard and add to the skillet with 1/2 cup of stock. Cook 2-3 minutes or until chard begins to wilt.
5. Place the chard mixture into a food processor and blend until finely chopped. Combine the chard mixture, potatoes, another 1/2 cup of stock and lemon juice back into the skillet. Cook over medium heat until everything is heated. Add salt and pepper to taste.

More recipes from UofL Health Promotion Office:

www.louisville.edu/healthpromotion/health-topics/food-nutrition-cooking/recipes

Chef Mat's website has more recipes for fresh summer veggies and fruits:

www.junehealthandwellness.com