

Farfalle with Tomatoes and Swiss Chard



Food Prep Skills

- *Chopping/mincing garlic*
- *Learning best colors/area of leek to eat*
- *Coarsely chopping tomatoes, keeping juice*
- *Trimming or tearing ribs on swiss chard and chopping (works for collard greens and kale as well)*

Cooking Skills

- *Boiling water for pasta*
- *Steaming swiss chard*
- *Lightly sautéing garlic and leeks*

Ingredients (4 to 6 servings)

- 2 Tbs. olive oil
- 6 large cloves garlic, minced
- 1 large leek (white and light green parts only), quartered lengthwise, rinsed well and chopped
- 4 large tomatoes, coarsely chopped, with juices or 3 cups diced canned tomatoes
- 2 tsp. dried oregano
- 3/4 tsp. salt
- 1/2 tsp. freshly ground pepper
- 12 oz. dried farfalle (bow tie) pasta
- 1 large bunch swiss chard, tough ribs trimmed, rinsed well and coarsely chopped

Directions

1. In large deep skillet, heat oil over medium heat. Add garlic and leek and cook, stirring occasionally, until leek is softened, about 5 minutes.
2. Stir in tomatoes, swiss chard, oregano, 1/4 teaspoon salt and 1/4 teaspoon pepper. Reduce heat to low, cover and cook, stirring occasionally, until mixture is slightly thickened, about 15 minutes.
3. Meanwhile, bring large pot of lightly salted water to a boil. Add pasta, stirring to prevent sticking. Cook, stirring occasionally, until pasta is just tender, about 10 minutes. Drain well.
4. Stir pasta into tomato and chard mixture; season with remaining 1/2 teaspoon salt and 1/4 teaspoon pepper. Cover and cook, stirring occasionally, until flavors have blended, about 3 minutes. Adjust seasonings to taste and serve hot.

Ingredient Cost

\$1.50 to \$2.25/serving

Nutrition Per Serving

- Calories 265
- Protein 8g
- Total Fat 8g (1g saturated)
- Carbohydrates 43g
- Cholesterol 0
- Sodium 608mg
- Fiber 6g

Recipe Source:

<http://www.vegetariantimes.com/recipes/7132?section>

Ingredient Substitutions/Alterations

- Can substitute whole wheat pasta
- Other herbs for salt to reduce the sodium
- Fresh oregano for dried
- Kale and/or collard greens in place of swiss chard
- Eggplant or roasted squash or potatoes in place of leek