

## STUFFED CHARD

3 Tbsp olive oil  
 $\frac{3}{4}$  cup onions, minced  
 $\frac{2}{3}$  cup rice  
 $1\frac{1}{4}$  cup water  
 $\frac{1}{2}$  tsp salt  
 $\frac{1}{4}$  tsp cinnamon

$\frac{1}{4}$  cup raisins  
 $\frac{1}{4}$  cup walnuts  
salt & pepper to taste  
15 chard leaves (leave stem on for handle)  
2 tbsp water  
lemon juice

**Heat** 2 tbsp oil in saucepan, add onions & cook over low heat til softened. Add rice & stir-fry briefly. Add water, salt & cinnamon, bring to boil. Reduce heat, cover & cook til rice is tender (20 min./ white rice, 45 min./brown rice). Remove from heat & stir in raisins, walnuts & salt & pepper to taste. Soften chard leaves by holding several stems at one time & dipping leaves briefly in boiling water. Place 2-3 tbsp of rice mixture toward wide end of each leaf & roll up the leaf, folding in the sides to enclose the stuffing. Place stuffed chard in wide skillet & drizzle with the remaining 1 tbsp of oil, 2 tbsp water & lemon juice. Cover & cook on lowest heat for 30 minutes. Serve warm or chilled.