



## Got Great Chard from the Farmers' Market? Break out the Barbecue!

By Susie Iventosch

Though this recipe is a bit time consuming to prepare, the chicken is very moist with the red chard stuffing, and can be grilled on the barbecue. This makes for a quick after dinner clean up! The cabernet reduction sauce is a nice accompaniment over both chicken and rice. I love to use wild rice pilaf with this dish, adding

sautéed onion, dried cranberries a splash of orange juice and toasted pecans to the pilaf, but any rice will work and if you don't have time to make a fancy rice dish, simply use cooked rice. The sauce will make it special enough!

### Chard-stuffed chicken with cabernet-balsamic reduction sauce

(Serves 6)

- 6 boneless, skinless chicken breasts
- ¼ cup olive oil
- 1 bunch red Swiss chard, leaves removed from stems
- 1 bunch red or green kale, leaves removed from stems
- 1 large yellow or red onion, chopped
- 2 cloves garlic
- 1 tablespoon Dijon mustard
- ½ cup crumbled blue cheese
- Kitchen string

Lay chicken breasts out flat on a cutting board. With a sharp knife, make a horizontal slit, leaving one side intact, forming a little pocket and a flap. Set aside.

In a large skillet, heat 1-2 tablespoons olive oil and cook garlic with onions until they are translucent and cooked through. Add Dijon mustard and stir well. Remove onions from pan and place in a medium large mixing bowl. In same pan, heat 1-2 tablespoons oil, and cook chard and kale leaves in several batches, cooking 1-2 minutes per side, or until just al dente. Remove to bowl with onions. Sprinkle blue

cheese over mixture and stir well. Season to taste with salt and pepper.

Using a soup spoon, or small serving spoon, stuff each chicken breast with chard mixture and close the open flap over the stuffing. Then seal together by tying the kitchen string around the breast in two or three places.

Preheat barbecue to medium-high heat, and grill chicken bundles for approximately five minutes per side, or until done, but not overcooked. Serve with wild rice and cabernet reduction sauce.

### Cabernet-balsamic reduction sauce

- 2 cups cabernet of your choice
- 2 tablespoons balsamic vinegar
- 2 cups chicken broth
- 2 carrots, peeled and coarsely chopped
- 2 celery stalks, coarsely chopped
- 1 yellow onion, cut into eighths, roasted and almost burned over an open flame, or in the broiler
- 6 or so whole black peppercorns
- 1 bay leaf
- 2 twigs of fresh thyme, or 1 teaspoon dried
- 2 twigs of fresh rosemary, or 1 teaspoon dried
- 2 tablespoons unsalted butter, optional

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Combine all ingredients in a large saucepan, bring to a boil and continue to boil over medium-high heat until reduced by half. Reduce heat to low and simmer for about one hour to enhance flavor. Cool and strain out all solids. When ready to serve, pour sauce back into pot, bring to boil and reduce by half again. At this point the sauce is ready to serve, but if you like a silky texture, add butter to warm sauce and stir over medium-low heat until well-integrated. Serve over chicken and rice immediately.

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