



CHEESE-N-CHARD PI

Hip to Be Fit® Challenge RECIPE

Hip to BE Fit® Challenge:

Take photos or videos of yourself making the recipe and submit them using the form on the website at www.ndi-nm.org/hiptobefit.

Serves 4-6

Ingredients:

- 1 medium white onion
- 1 clove garlic
- ¼ cup margarine
- 30 leaves Swiss chard
- 2 eggs
- 1/3 cup green chile
- ½ cup grated cheddar, Swiss or Monterey Jack
- 2 tbsp. bread crumbs
- Salt & ground black pepper to taste



Utensils:

Sharp knife
Cutting board
Tablespoon
Measuring cups

Frying pan
Wooden spoon
Small mixing bowl
9" pie pan

Wire whisk
5-6 serving plates
5-6 forks

Directions:

Preheat oven to 350 degrees. Chop onions and garlic and sauté in margarine until onion is transparent, 5-6 minutes. Clean, dry and tear chard into large pieces. Add to sauté pan and cook until chard wilts. Spoon mixture into pie pan. Chop green chile and add to lightly beaten eggs in mixing bowl. Pour mixture into pie pan and mix gently. Sprinkle cheese and bread-crumbs on top and bake for 30-40 minutes until firm. Cool, slice and serve.



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