

SWISS CHARD with EGGPLANT & POTATOES

NL21 10/19/02

Mediterranean flavors mingle to form a rich, mellow and flavorful vegetable side dish. Excellent with roasted or grilled lamb or beef.

Preparation: 20 minutes

Final Cooking: 50 to 90 minutes

Total Time: 70 to 110 minutes

Serves: 6-8

Ingredients

1 large Idaho potato
1 medium onion
3-5 tablespoons mild olive oil
1/2 teaspoon mild curry powder
1 small eggplant, diced (about 2 cups)
1 teaspoon sugar
1 lb swiss chard, sliced thin
salt and pepper to taste

Peel and dice potato into half-inch cubes. Arrange on a large microwaveable plate, making sure that the cubes do not touch each other or they will stick together. Microwave on HIGH for 10 minutes. Par-boil potatoes as an alternative to microwaving. Potatoes should be just slightly under-done. Time based on an 850 watt microwave oven.

While potatoes are microwaving, dice onion into 1/4 inch squares. Heat about three tablespoons of the olive oil in a large skillet (with cover), over medium-high heat. Add onions; as soon as they begin to wilt, add curry powder. Lower heat to medium, cover and sauté for about five minutes, stirring frequently. Dice unpeeled eggplant into 1/2 inch squares. Add eggplant and sugar to onion mixture. Add another 1 or 2 tablespoons of olive oil if pan looks dry. Stir to thoroughly coat ingredients. Add potatoes, which should be ready in the microwave. Stir again to coat. Add Swiss chard and 1/4 cup cold water; increase heat to medium-high, stirring frequently. Bring to boil, reduce heat to low, stir and cover. Allow to cook slowly for at least 50 minutes, stirring gently and checking frequently. Can easily cook for more than an hour over low heat adding water as needed. Longer cooking results in a more mellow flavor and creamier texture. If vegetables look dry, add water a little bit at a time, stir to mix and check again. Add salt and pepper to taste. Serve hot.

