



## **Collard Greens & Swiss Chard over Whole Wheat Pasta**

Serves 4-6 people



*Chef Raquel graduated with highest honors from the culinary program at the Institute of Culinary Education after completing her externship at Le Bernardin in NYC. In 2009, Chef Raquel created **A Pinch of Salt, LLC** offering hands-on cooking instruction focusing on the preparation of healthy, gourmet, yet practical and inexpensive meals. Currently, Chef Raquel partners with The Council of Churches of Greater Bridgeport (CCGB) developing and executing an intensive culinary training program for inspiring food entrepreneurs. She also provides CCGB's network of food pantries and community meals programs extensive cooking education. Chef Raquel also provides outreach and cooking education for the Bridgeport Farmers Market Collaborative, FreshConnections and Hall Neighborhood House. This builds on her commitment to Mrs. Obama's Let's Move initiative and her experience with Wellness in the Schools, a NYC based nonprofit focusing on providing public school students nutritious meals which are reinforced through cooking educating in the classrooms and gardening. Chef Raquel is passionate about educating youth groups, families, seniors and communities on the importance of healthy cooking, understanding nutritional information, stretching food dollars, utilizing farmers' markets and community gardens and making eating healthy a lifestyle.*

### **Ingredients:**

Extra-virgin olive oil, as needed  
3-4 garlic cloves, thinly sliced or minced  
1 bunch collard greens, ribs removed, cut into wide ribbons  
1 bunch Swiss chard, trimmed and cut into ribbons  
1-15 oz. can of low-sodium white beans like cannellini, rinsed and drained  
Parmesan cheese, as needed  
Salt and pepper, to taste  
1 box of whole wheat pasta

### **Directions:**

1. In a deep pan heat oil add onions and cook until softened and translucent. Add garlic and cook for about 30 seconds.
2. Toss both greens and the stems of Swiss chard. Sprinkle with a pinch of salt and pepper.
3. Once the greens have softened, add tap water as needed to just cover the greens. Cook until greens have softened to your taste, about 15 minutes. Add in beans and cook for another 2 minutes. Adjust seasoning as needed.
4. Meanwhile, fill a large pot with cold water. Bring to a boil. Add 1 Tbs. of salt and return to a boil. Add in whole wheat pasta and cook according to package directions, approximately 11-13 minutes. When pasta is done, save about 1 cup of the pasta water and drain remaining liquid.
5. Add pasta to the greens and toss to combine. Add a bit of pasta water to help build a sauce. Sprinkle with parmesan cheese and enjoy!

**Chef Raquel Rivera-Pablo**

**A Pinch of Salt, LLC**

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