

# Chef Chino's Swiss Chard Delight

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Enjoy this healthy treat made with produce from a MoGro Food Club Box!



## **Ingredients:**

2	Swiss chard bunches
1 pound	Cherry tomatoes, halved
1	Small onion
1 Tablespoon	Minced garlic
1 Tablespoon	Vegetable oil
	Salt and pepper to taste

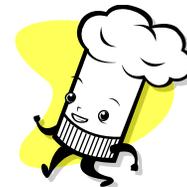
## **Directions:**

1. Rinse Swiss chard well and cut into ½ inch strips
2. Add ½ cup vegetable oil into a sauté pan and begin to heat pan
3. First add onions and garlic and sauté for about 5 minutes
4. Add tomatoes and chard and continue to cook for 10-15 minutes or until chard is cooked
5. Add salt and pepper
6. Enjoy

# Chef Chino's Fruit Salad

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Another tasty notion from Chef Chino



## **Ingredients:**

1	Honeydew, diced
1	Pineapple, diced
5	Peaches, diced
5	Apples, diced
1	Pound red or green grapes
2	Pounds cream cheese (room temperature)
2	Whipped topping containers or yogurt
8	Ounces chopped walnuts

## **Directions:**

1. Peel and clean melons and pineapple. Dice and place in a bowl.
2. Take pears and apples and dice them up into ½-inch pieces (or to your liking). Peeling is optional.
3. Take grapes off the stem, rinse and place in bowl.
4. Take whipped topping or yogurt and place in a bowl with cream cheese and mix well to base for salad. Fold the fruit into the creamy base. Mix well & add walnuts. Chill & serve.