

SWISS CHARD ROLLS WITH FRESH MARINARA

Gluten Free, Higher Fiber, Low Carb / Diabetes Friendly, Lower Saturated Fat

Serves: 6 (Serving= 1 roll with 1/4 cup marinara)

Nutrition (per serving)

Calories: 248

Total Fat: 7 g

Saturated Fat: 2 g

Sodium: 513 mg

Total Carbohydrate: 21 g

Dietary Fiber: 4 g

Protein: 24 g



Ingredients

Chard Rolls

- 1 pound 96% lean ground beef
- ½ cup whole wheat breadcrumbs (use gluten free breadcrumbs for GF version)
- 1/3 cup diced yellow onion
- 1 - 8 ounce can no-salt added tomato sauce
- 1/3 cup shredded mozzarella cheese
- 1 Tablespoon Italian seasoning

Marinara Sauce

- ½ Tablespoon olive oil

- 2 teaspoons garlic powder
- ¼ teaspoon ground black pepper
- 6 large Swiss chard leaves, stems removed
- Cooking spray
- 1 - 14 ounce can no-salt added chicken stock (use gluten free for GF version)
- 1/3 cup diced yellow onion

- 2 ½ cups crushed tomatoes in puree
- 1 Tablespoon Italian seasoning
- 3 Tablespoons grated/shredded Parmesan cheese

Directions

1. Gently mix beef, breadcrumbs, onion, tomato sauce, cheese and seasonings in a large bowl until just combined. Divide mixture into 6 equal oblong portions.
2. Overlap the two sides of a chard leaf where the stem was removed and place one portion of beef there. Tightly roll the chard around the beef and place, seam-side down, in a large skillet sprayed with cooking spray.
3. Add chicken stock to pan, cover and bring to a boil over high heat. Reduce heat to a simmer and cook 15-18 minutes, or until meat reaches 165 degrees Fahrenheit.
4. Meanwhile, heat oil in a medium saucepan over medium heat. Sauté onion for 1-2 minutes or until soft. Stir in tomatoes and seasoning and cook 6-8 minutes, stirring occasionally until thickened.
5. Remove chard rolls from broth and served each topped with about 1/4 cup marinara sauce. Sprinkle lightly with Parmesan.