

# Grilled Rainbow Chard and Fava Beans

Preparation time: 25 minutes / Serves 4



## INGREDIENTS

- 2 pounds **FOXY Organic Rainbow Chard**, stems and center ribs cut out (reserve leaves for another use)
- 1 cup shelled fresh fava beans (1 1/4 pounds in pods) or shelled fresh or frozen edamame (soybeans; 3/4 pound in pods)
- 1 1/2 tablespoons extra-virgin olive oil, divided
- 1 small garlic clove, thinly sliced
- 2 teaspoons chopped oregano
- 1 teaspoon fresh lemon juice

## PREPARATION

Halve stems crosswise and cook in a large pot of boiling salted water (2 tablespoons salt for 4 quarts water) until just barely tender, 3 to 5 minutes (depending on thickness). Cool in an ice bath, reserving cooking water, then transfer to a plate.

Cook beans in boiling water 3 minutes, then drain and transfer to ice bath. Gently peel off skins (if using edamame, don't peel). Grill stems and assemble dish: Prepare grill for direct-heat cooking over medium-hot charcoal (medium heat for gas).

Toss chard stems with 1 tablespoon oil and 1/4 teaspoon each of salt and pepper. Oil grill rack, then grill chard stems, covered only if using a gas grill, turning occasionally, until tender and lightly charred (about 7 minutes). Cut into 1-inch lengths.

Cook garlic in remaining 1/2 tablespoon oil in a medium skillet over medium heat, stirring, until just pale golden. Add oregano, beans, and chard and cook, stirring, 1 minute. Transfer to a serving dish and stir in lemon juice and salt and pepper to taste.