

## Swiss Chard Burger (measurements don't have to be too precise)

- 2 bunches of [Swiss chard](#) (1½ to 2½ lbs), stems separated from leaves
- 6 T plain yogourt (or sour cream, or creme fraiche)
- 1 c grated Cheddar cheese (or any hard cheese)
- 2 eggs, beaten with 2 T water
- 2½-3 c [homemade breadcrumbs](#), 1 cup for mixing in to burger recipe, 1½ cups for coating the exteriors
- 1 T [Vegeta](#) (Now made MSG free, or your own [homemade version](#))
- 1 c flour for dipping
- olive oil, 1-2 teaspoons per 3-4 burgers

Wash the chard well. Separate the leaves from the stems as shown in the 45 second video below. Run a small knife along the edge of each rib.

[youtube <http://www.youtube.com/watch?v=SOpDJtzNJFs?rel=0&w=560&h=315>]

Finely chop the stems.

Add the stems to a large pot and cook them on medium heat in the water that is still clinging to them, just until they are tender.

Add in the leaves, and cook until they're tender, tossing every once in a while to keep them wilting evenly.

Strain the chard, keeping the liquid for soup stock. Once the chard has cooled, grab handfuls and squeeze out **all** remaining liquid into the soup stock, placing the dry chard into a large bowl. You don't want excess water in your batter as it would change the texture and make the burgers too wet. Roughly chop the cooked chard.

Combine the chard with the cheese, Vegeta, yogourt and 1 cup of the breadcrumbs. Mix well.

**Prepare 3 bowls for dipping:**

**1.** 1 cup **flour**, add more into the bowl as needed

**2.** **egg** mixture

**3.** 1½ cups **breadcrumbs**, add more into the bowl as needed

Form the chard batter into 12 burgers.

Cover a baking pan with parchment paper. Dip all the burgers in the flour, one at a time.

Use your right hand to dip the burger in the egg bowl, then your left hand to coat it in breadcrumbs. This way the wet and dry ingredients stay separate.

Bake at 400F for 20 minutes, flipping once at half-time. Freezes well at this stage. Makes about 12 **Swiss Chard Burgers**.

When ready to eat, heat a frying pan with a little oil and brown on each side. You can press down on the burgers with a spatula, to flatten them as they cook. This method uses less oil than a traditional frying method. You want the burger to be nicely browned on both sides.

Serve with plain yogourt or sour cream with a pinch of sea salt or with a poached egg on top.