

Swiss Chard Wraps

9-10 Swiss chard leaves, at least 9 inches

1 lg. tomato, sliced and cut in half

1/2 c. Mozzarella cheese, grated

2 tbsp. olive oil

1 tbsp. onion flakes

Salt and pepper

Steam Swiss chard for a few minutes. Do not overcook. Open leaves and brush on olive oil lightly. Put tomato slice in center of leaf - top with pinch onion - salt and pepper and one tablespoon cheese. fold leaf around tomato - this will hold together well.

Put on grill until hot - can turn once. Works best if you use a 2 sided grill that holds food in place. This can also be cooked in oven at 400 degrees for 10 minutes on a cookie sheet.