



Shrimp, Chard, and Squash Stew

Prep Time 15 mins
Total Time 30 mins
Meal Type Dinner
Contributed By



Source Living Plate Teaching Kitchen

Servings 4



Ingredients

lb,c g,ml

- 3 cloves garlic, *pressed*
- 4 scallions, *chopped*
- 2 heads fennel, *chopped*
- 4 summer squash, medium, *chopped*
- 8 cups swiss chard, *shredded* about 1 large bunch
- 4 Tbs olive oil
- 2 cups vegetable broth
- 4 bay leaves
- 2 lb shrimp, wild caught, *peeled and deveined*
- 1/2 cups basil, *chopped*

Directions

Prep

1. Press garlic and chop scallions.
2. Chop fennel and squash.
3. Shred swiss chard (remove tough spines, roll leaves and chop).

Make

1. Heat olive oil in large sauté pan and cook garlic and scallion tops until soft and fragrant.
2. Add fennel and squash and continue to sauté over low-medium heat for about 5 more minutes.
3. Increase heat to high and stir in broth and bay leaves. Bring to a boil then reduce to simmer. Cook until squash has softened, about 5 minutes.
4. Nestle shrimp in sauce and simmer for 8-10 minutes until cooked through.
5. Add chard by fistfuls, stirring after each addition. Once all chard has wilted, remove stew from heat.
6. Stir in basil just before serving.

Notes

This recipe is quite flexible. Any fish will do. Swap kale for chard.

Serve over cauliflower rice for an added boost of nutrition!

Source: Nutrient data for this listing was provided by USDA Food Composition Database. Each "-" indicates a missing or incomplete value.

Nutrition information for recipes is calculated by retrieving and compiling individual food data from the USDA database. Factors such as brand selection, size of produce, and preparation can change nutrition information in any recipe. We offer this information as an estimate only.

Nutrition Facts	Amount/serving	% Daily Value*	Amount/serving	% Daily Value*
	Total Fat 16.6g	25%	Total Carbohydrates 23g	7%
Saturated Fat 2.7g	13%	Dietary Fiber 8g	31%	
Trans Fat 0.0g		Total Sugars 10g		
Calories 377	Cholesterol 286mg	95%	Protein 37g	
per serving	Sodium 1753mg	76%		

* The percent Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Vitamin D 0mcg 2% · Calcium 264mg 26% · Iron 4mg 21% · Potassium 1562mg 33%

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