

Sauteed Swiss Chard

Ingredients

- 1 large bunch of fresh Swiss chard
- 2 tablespoons extra virgin olive oil
- 1 clove garlic, sliced
- Pinch of dried crushed red pepper

Instructions

1. Rinse the Swiss chard leaves thoroughly. Either tear or cut away the thick stalks from the leaves.
2. Cut the stalk pieces into 1-inch pieces. Chop the leaves into inch-wide strips. Keep the stalks and leaves separate.
3. Heat the olive oil in a sauté pan on medium high heat. Add garlic slices, crushed red pepper, and cook for about 30 seconds, or until the garlic is fragrant.
4. Add the chopped Swiss chard stalks. Lower the heat to low, cover and cook for 3 to 4 minutes.
5. Add the chopped chard leaves, toss with the oil and garlic in the pan. Cover and cook for 3 to 4 more minutes. Turn the leaves and the stalks over in the pan.
6. Taste test; may need a few extra minutes depending on the thickness of the leaves.
7. Serve immediately.

Mary-Beth says: *“Swiss Chard is often overlooked as a leafy green choice, but it has a nutrient dense profile that rivals kale and spinach.”*