



SWISS CHARD WITH GARLIC

Swiss chard is in the same family of greens as Spinach and Beet Greens. They can be used interchangeably. They cook quickly, are tender and sweet in the mouth and are highly versatile. Swiss chard is a good source of vitamin A and C and iron. When buying Swiss Chard look for tender leaves that are not overgrown. They should have bright color and full leaves. There is different colored chard: red, yellow, and green, they all taste the same. They are available year round but tend to be tough and woody in hot summers. Keep refrigerated in plastic bags to maintain moisture. Rinse many times to remove sand. Remove thick tough leaves. If using the stems they need to be cooked longer than the leaves.

1 large bunch Swiss chard
2 cloves garlic
Herbamare to taste
2 teaspoons olive oil

Wash Swiss chard well to remove all sand and grit. Trim off the stems (they can be used in a soup or other dish). Cut into medium size pieces. Heat olive oil in large non-stick skillet add minced garlic. When the garlic turns golden add the chopped Swiss chard. Sauté until Swiss chard becomes wilted but still dark green and bright. It should cook down to $\frac{1}{4}$ of the size that was put into the pan.

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