

Chad's Easy Sautéed Chard

EZ RECIPES FROM COOKING WITH CHAD



3 servings

ingredients

- 1 large bunch chard
- 1 Tbsp. extra virgin olive oil
- 1-2 cloves garlic, minced
- 1/2 a large sweet onion, diced
- 1 tsp. dry thyme
- 1 tsp. nutmeg
- salt and pepper to taste

directions

- Remove chard stems and roughly cut leaves into 2-inch pieces
- Clean chard leaves by swirling in a large bowl of water and then spinning in a salad spinner
- Clean and dice stems same size as onion
- Heat oil in large skillet over medium high heat - add stems and onion
- Cook about 5 minutes, then add garlic and spices
- As onions start to brown, add chard leaves and 1 Tbsp water or other liquid. Cover and let wilt for 2 minutes.
- Remove lid and continue stirring until chard is wilted and tender - 2 min.
- Remove from heat and drizzle with vinegar

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