



Simple Sautéed Swiss Chard

This dish is simple to make, and works with just about any type of hearty green

U.S.

1 lb	Swiss chard
1 1/2 Tbsp	Olive Oil
1/2 each	Onion, chopped small
1-2 cloves	Garlic, minced
2 Tbsp	Water
1/8 tsp	Salt
To taste	Black Pepper, ground

Metric

445 g
22 mL
55 g
3 - 6 g
30 mL
0.3 g
To Taste

Preparation:

1. Gather all the ingredients and equipment.
2. Tear or cut the greens into bite-sized pieces, removing the hard stems.
3. Heat a large saucepot over medium-low heat. Add olive oil and onion and cook until it starts to turn translucent, about 4 minutes. Add garlic and continue to cook, stirring often, for 30 more seconds. Turn down the heat if the onions begin to brown.
4. Add the greens, salt and pepper to the pan. Stir the greens often. Add water if necessary to wilt, a few tablespoons at a time.
5. Continue stirring until greens are fully cooked, about 5 minutes. Serve.

****Nutrition Facts on Reverse**

Nutrition Facts

6 Servings

Serving size 1/2 cup

Amount per serving

Calories 50

Calories from Fat 30

Total Fat 3.5 g

Saturated Fat 0 g

Trans Fat 0 g

Monounsaturated Fat 3 g

Cholesterol 0 mg

Sodium 200 mg

Total Carbohydrate 4 g

Dietary Fiber 1 g

Total Sugars 1 g

Includes 0 g Added Sugars

Protein 2 g

Vitamin D 0 %

Calcium 4 %

Iron 8 %

Potassium 304 mg

Phosphorus 40 mg