



Garden Fresh Farm Recipes

Sautéed Swiss Chard

This simple Swiss chard recipe is an easy, healthy, and delicious side dish fresh from the garden.

Ingredients:

2 bunches Swiss chard
1 tablespoon extra-virgin olive oil
2 garlic cloves, thinly sliced
1/4 teaspoon sea salt, more to taste
Lemon wedge, for squeezing
Freshly ground black pepper
Optional: red pepper flakes for heat

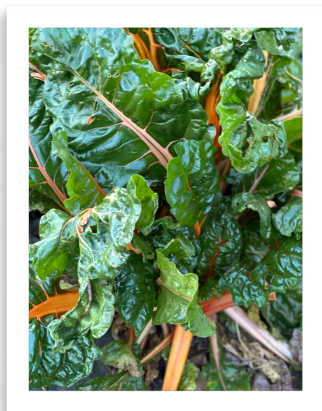


Directions:

Slice the stems off the chard leaves and chop the stems into 1/4-inch slices. Coarsely chop the leaves.

Heat olive oil in a large skillet over medium heat. Add minced garlic and sauté until fragrant, about 1 minute. Add the chard stems and cook for 1 to 2 minutes, or until they begin to soften. Add the chard leaves, garlic, salt, and several grinds of pepper, and sauté for 4-6 minutes, or until the leaves are wilted.

Turn off the heat, squeeze a little lemon juice over the chard, and toss. Season to taste and serve and red pepper flakes if desired.



Enjoy your sautéed Swiss chard.