

## **Braised Swiss Chard with White Beans**

2-4 servings

1 bunch Swiss chard 5-8 leaves  
1 Tb olive oil  
1 large onion sliced  
1 cup cooked or canned Cannellini beans or Great Northern beans (if you are using canned rinse before adding to pan)  
1 cup vegetable stock, chicken stock or water  
6 garlic cloves, peeled and thinly sliced  
8 Kalamata olives pitted, sliced into rounds  
½ tsp red pepper flakes  
2 Tb extra virgin olive oil (optional)  
Celtic sea salt

Trim the stems off of the Swiss chard. Chop them coarsely. Chop the leaves into 2" pieces

Heat olive oil in a sauté pan.

Add onions, sauté 5 minutes until softened

Add Swiss chard stems and cooked white beans, sauté 2 minutes

Add stock and garlic

Cook on medium high heat for 3-4 minutes or until stems are wilted.

Add Swiss chard leaves and olives, mix to coat with stock

Cook on medium heat 2-3 minutes until Swiss chard is crisp-tender.

Taste, add salt if necessary

Finish with a drizzle of 2 Tb extra virgin olive oil