

Swiss Chard with Ginger & Cumin

2 servings

2 Tb coconut oil

1 tsp cumin seeds

1 jalapeno seeded and minced

1 Tb minced fresh ginger

1 bunch (about 1 ½ lb) swiss chard – rinsed, stems cut into ½ " pieces,
leaves cut into 1" ribbons

Celtic sea salt

Squeeze of lemon juice to taste

- In a large sauté pan, heat the oil on medium.
- Add cumin and cook until fragrant and slightly darkened 10 seconds.
- Add jalapeno and ginger, stir, sauté 1 minutes
- Add chard stems. Cook 2 minutes
- Add chard leaves and a pinch of salt
- Cover and cook until the chard is tender about 8 minutes.
- Uncover and cook on high until most of the liquid has evaporated, 2 minutes
- Season with lemon juice and salt.
- Serve