



Marinated Swiss Chard

You can serve this warm or cooled and wrapped up in a romaine leaf with some roasted red peppers for a quick snack or lunch

2 servings

1 bunch Swiss chard (about 1 lb)

2 Tb olive oil

Celtic sea salt

1 garlic clove, finely chopped

1 Tb lemon juice

Pinch of red pepper flakes

- One at a time, grasp the stems in on hand and strip the leaves off with the other. (keep the stems for another use such as a vegetable sauté).
- Cut the leaves into 2" pieces
- Heat a sauté pan on medium high
- Add 1 Tb of olive oil and the chopped greens, sprinkle with salt
- Cook, stirring often, until the greens are tender, about 5 minutes
- The water clinging to the leaves from washing is usually enough to keep them moist but if not add a little water during the cooking.
- Remove the greens from the pan and let cool.
- Squeeze out any excess moisture and transfer to a bowl.

- Dress with the remaining olive oil, garlic, lemon juice and red pepper flakes.
- Taste, adjust seasonings and serve

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