

Sautéed Swiss Chard with Onions

2 servings

1 bunch Swiss chard
2 Tb olive oil
1 large onion, sliced
2 or 3 large cloves of garlic, minced
½ tsp Celtic sea salt
¼ tsp freshly ground black pepper

- Wash the chard and trim the stalks at the cut ends. Strip the leaves downwards from where the stems are about 3/16 inch in diameter. Cut the stems into pieces about an inch long and set them aside in a bowl. Roll or pile the leaves and cut them into one inch strips. Set these aside in another bowl.
- Heat olive oil over low heat in a large skillet or frying pan. Add the onion, ¼ tsp of salt and a few grinds of black pepper. Stir well to mix the salt and oil with the onion. Cover the pan and cook the onion for about eight minutes, stirring it occasionally.
- Turn the heat up to medium-low and stir in the chopped stems and remaining salt. Cover and cook for another eight minutes, again stirring the mixture occasionally. If the pan appears dry, add a couple of teaspoons of water.
- Add the chopped leaves and the garlic. If the pan is big enough, just stir them in all at once. If you have too many leaves to put in the pan at once, add them in batches, stir them a few seconds until they wilt, then add more until you have them all in the pan. Finish the chard by cooking another 4 or 5 minutes.
- Taste to adjust salt and pepper.