

Recipe – Swiss Chard

Ingredients:

- 2 bunches Swiss chard, washed and finely shredded*
- 4 cloves garlic, crushed
- olive oil to coat bottom of pan
- salt, if permitted
- splash Balsamic vinegar

Directions:

* Leafy greens can be rolled up like cigars and quickly shredded into fine ribbons. The more surface space, the more they take on the flavor of the garlic and oil.

Heat olive oil, add garlic and chard, cover, steam a couple minutes

Remove cover, stir till chard is wilted and moisture is evaporated

Add salt and vinegar

Serves 6