

From Karen

"Swiss chard is a staple in many European kitchens, this Italian family recipe is easy to prepare and amazingly flavorful for so few ingredients. With garlic and red pepper, these greens are a delicious and nutrient rich side dish for any meal."

Ingredients:

1 bunch Swiss chard
1 cup water
1 tablespoon salt
2 tablespoons olive oil
4 cloves garlic, coarsely chopped
1/8 teaspoon crushed red pepper flakes
salt to taste

Directions:

Wash the Swiss chard and cut into 1 inch strips. Separate the thick and tough stalk sections from the upper leafy strips.

Bring the water and 1 tablespoon of salt to a boil in a large saucepan.

Cook the stalk sections in the salted boiling water for 2 minutes. Stir in the leafy strips and cook until the leaves are wilted and the stalks are fork tender, about 6 minutes. Drain and set aside.

Heat the olive oil, garlic, and red pepper flakes in a large skillet over medium heat until aromatic, about 3 minutes. Add the drained Swiss chard, cook and stir for 2 minutes; season with salt to taste.