

Swiss Chard - wash of course

- Strip leaves off stalks
 - Chop roughly, just ~~4-5~~ chops
maybe 6
- Slice stalks like stir-fry
 - slim, but angled
- Cook sliced stalks in microwave
 - til almost tender 3-4 min??
- Add chopped leaves
 - cook til wilted 1-2 min?

maybe 2 min
No water added

Salt, pepper, butter

Delicious!

~~385~~ 385