

## Sautéed Swiss Chard

**Yield: 6 servings**

### Ingredients

1 pound Swiss chard, washed,  
stems removed  
1½ tablespoons olive oil  
½ onion, diced small  
1 to 2 garlic cloves, minced  
2 tablespoons water  
¼ teaspoon salt  
Ground black pepper to taste

### Instructions

1. Tear or cut the greens into bite-sized pieces, removing the hard stems.
2. Heat a large saucepot over medium heat. Add olive oil and onion and cook until it starts to turn translucent, about 4 minutes. Add garlic and continue to cook, stirring often, for 30 more seconds. Avoid browning.
3. Heat a large saucepot over medium to low heat. Add olive oil and onion. Cook until it starts to turn translucent, about 4 minutes. Add garlic and continue to cook, stirring often, for 30 more seconds. Turn down the heat if the onions begin to brown.
4. Add the greens, salt and pepper to the pan. Stir the greens often. Add water if necessary to wilt, a few tablespoons at a time.
5. Continue stirring until greens are fully cooked, about 5 minutes. Serve.

### Nutrition Information

**Serving Size:** ½ cup

Calories: 50  
Total Fat: 3.5 g  
Saturated Fat: 0 g  
Monounsaturated Fat: 3 g  
Sodium: 200 mg  
Total Carbohydrate: 4 g  
Dietary Fiber: 1 g  
Sugars: 1 g  
Protein: 2 g

Source: Health Meets Food



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