

Swiss Chard

“I had a second late winter harvest of Swiss Chard. This is my go-to recipe for all greens including Kale and Collards. This is sort of like a hybrid between steaming and sautéing with little loss of flavor or nutrient.”

Anthony

- 1 bunch Swiss Chard
- 1 inch ginger peeled sliced thin long way then julienne cut
- 3 peeled cloves of garlic sliced thin long way then julienne cut
- 1 tablespoon vegetable oil
- 1/2 teaspoon salt
- 1/8 cup water (only if necessary)

1. Wash the Swiss Chard, then roll the leaves around each other, a third of the bunch at a time, cut into 1-½ inch strips, separating the bottom stems and top leaves and stems.
2. Heat oil in deep heavy pot.
3. Put in garlic and ginger for 15 seconds (until fragrant).
4. Put stems into pot first for 15 seconds, stir/mix with tongs then add leaves and continue to mix, lifting the portion on the bottom of pot and mixing to top.
5. Add salt and continue to lift and mix.
6. Only add water if needed, usually not necessary with fresh picked Swiss Chard.
7. Cook to desired tenderness and serve.



Fresh from the garden



Ready to eat - yum!