



# Sautéed Swiss Chard

Prep: 10 minutes | Cook: 10 minutes | Total: 20 minutes

Yield: 2 servings | Serving Size: 1 cup

## Ingredients

- 1 head Swiss chard
- 2 green onions, diced (or 1 small onion)
- 2 garlic scapes, diced (or 1 clove garlic, minced)
- 1 tablespoon olive oil
- 2 tablespoons water
- $\frac{1}{8}$  teaspoon salt
- $\frac{1}{8}$  teaspoon pepper
- Dash of nutmeg
- 2 teaspoons balsamic, white or apple cider vinegar

## Directions

1. Wash Swiss chard well. Separate stems from leaves. Chop stems and tear the leaves into pieces about the size of a deck of cards.
2. In a medium to large sauté pan, heat the oil over medium heat. Add the onions, garlic scapes (or minced garlic) and Swiss chard stems.
3. Cook for about 7 minutes, stirring occasionally, until the stems are tender and the onions soften.
4. Add the Swiss chard leaves and 2 tablespoons water. Cover and cook for 3 minutes.
5. Remove the lid. Add the salt, pepper and nutmeg. Continue cooking for 3 minutes, stirring constantly.
6. Remove from heat and drizzle with vinegar. Serve warm.

**Nutrition Facts Per Serving: Calories: 90 | Total Fat: 7 g | Saturated Fat: 1 g  
Sodium: 380 mg | Total Carbohydrate: 6 g | Dietary Fiber: 2 g | Protein: 2 g**

Adapted from [healthyseasonalrecipes.com](http://healthyseasonalrecipes.com) | Submitted by Robin LaCroix, RD, CSO  
For more recipes, please visit [www.nutrition.va.gov](http://www.nutrition.va.gov)



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