



Sautéed Swiss Chard

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

Yield: 2 servings | Serving Size: 1 cup

Ingredients

- 1 tablespoon olive oil
- 1 bunch chard, stems chopped and leaves torn into 2- to 3-inch pieces
- 2 scallions (green onions), sliced (about ¼ cup)
- 2 garlic scapes, finely chopped (or 1 clove minced garlic)
- 2 tablespoons water
- Pinch salt
- Pinch ground black pepper
- Pinch nutmeg
- 2 teaspoons balsamic vinegar

Directions

1. Heat a large sauté pan over medium heat.
2. Add the oil and heat until shimmering.
3. Add the chard stems, scallions, and garlic scapes. Cook, stirring occasionally, until the stems are tender, about 6-8 minutes.
4. Add the chard leaves and water. Cover the pan with a lid and cook for 3 minutes.
5. Remove the lid. Add the salt, black pepper, and nutmeg. Continue cooking uncovered for 3 minutes, stirring constantly.
6. Remove from heat and drizzle with balsamic vinegar. Serve warm.

Recipe Notes

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

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