

Seasoned Swiss Chard

Just Say Yes to Fruits and
Vegetables

This recipe is off the chards!



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Serves 5 ▪ Serving: ½ cup

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Prepare your Swiss chard by rinsing the leaves under water then cutting off the stems.

Ingredients:

- 8 cups Swiss chard
- 1 teaspoon vegetable oil
- 4 peeled and chopped garlic cloves
- ¼ cup balsamic vinegar
- Salt and pepper, to taste

Directions:

1. Remove stems from Swiss chard and cut into 2 inch pieces. Set aside.
2. Heat the vegetable oil in a frying pan over medium heat.
3. Stir in the garlic and cook for about 2 minutes.
4. Add the Swiss chard and balsamic vinegar. Stir often for 5 minutes.
5. Season with salt and pepper and serve.
6. Refrigerate leftovers.