



GARLICKY SWISS CHARD

Recipe is high in fiber, vegetables and a healthy fat.

INGREDIENTS

- 2 Tbsp minced garlic
- 3-4 cups swiss chard
- 2 Tsp red pepper
- 1 Tbsp lemon juice
- 2 Tbsp olive oil
- Pinch salt
- 1 Tbsp pine nuts (optional)

PREP TIME

- Prep | 10 minutes
- Cook | 10 minutes
- Ready in | 20 minutes

PROCEDURE

01

Wash swiss chard and remove the large center stem. If you want to keep it, chop small and add to pan (it will be tougher to chew than the rest of the dish).

02

Heat olive oil in skillet on stove. Once heated, add minced garlic. Cook until fragrant (when you smell the garlic).

03

Add swiss chard and red pepper to pan and place lid on pan. Stir occasionally.

04

Add pine nuts to pan and heat until they are slightly browned. Add lemon juice and salt to dish and cook 1-2 minutes more.

05

Enjoy this as a side dish with a lean protein and whole grain to create a balanced meal.

