



# Sauteed Chard

Prep Time: 10 min Cook Time: 10 min Servings: 6

## Ingredients:

- 2 large handfuls of chard
- 2 Tbsp olive oil
- 3 garlic cloves, chopped finely
- 1 onion diced
- 1/2 tsp salt
- 2 tsp balsamic vinegar (optional)

## Instructions:

1. Remove stems from chard and cut leaves into 2 inch pieces. Chop chard stems into about 1/2 inch pieces.
2. Heat oil in skillet over medium heat. Add chard stems, garlic, onion, and salt, and cook for about 6-8 mins. Stir often.
3. Add chard leaves and 2 Tbsp water. Cook 2-4 mins.
4. Stir and cook another 1-3 mins.
5. Take off heat.
6. Drizzle balsamic vinegar on top. (optional)



**Fun fact:**  
Chard is full  
of Vitamin  
K, A, and C!

**If you don't  
have chard,  
spinach is a  
great  
substitute.**



Scan Me!

