

garlic-sautéed green chard

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ingredients

1 bunch of chard
1 large clove of garlic
red pepper flakes to taste
salt to taste
olive oil

directions

Take stems out of the leaves if desired (this is not necessary since the stems taste great). Chop the chard into rough strips. Pour about 1 T of oil in the bottom of a sauté pan, turn heat to medium high and add garlic. Cook for about two minutes and then add the greens and red pepper. Sauté until greens are tender, season with salt and serve right away.

notes

*Remember, greens cook down considerably
PS Don't heat oil to smoking point, it will lose it's health properties!

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