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Mediterranean Swiss Chard

Swiss chard is one of the super foods rich in many nutrients, including anti-oxidants. We have created this recipe so you can eat it often with many meals. The simple dressing complements it very well. When the chard is fresh it needs nothing else to be delicious and satisfying.

Mediterranean Swiss chard



Prep and Cook Time: 15 minutes

Ingredients:

2 large bunches chopped Swiss chard
1 medium clove garlic, pressed
½ TBS balsamic vinegar or fresh lemon juice
extra virgin olive oil to taste
salt and black pepper to taste

Directions:

1. Bring lightly salted water to a rapid boil in a large pot. Cut off tough bottom part of stems.
 2. Add the chopped leaves to the boiling water and simmer for only 3-5 minutes, until tender.
 3. Strain through colander and press out excess water. Toss with rest of ingredients. **Make sure you don't toss chard with dressing until you are ready to serve. Otherwise the flavor will become diluted.**
- Serves 2

Healthy Cooking Tips:

Nutritional Profile