

# Swiss Chard



Swiss chard recipe, sautéed in olive oil with garlic and crushed red pepper.



## INGREDIENTS

- 1 large bunch of fresh Swiss chard
- 1 small clove garlic, sliced
- 2 Tbsp olive oil
- 2 Tbsp water
- Pinch of dried crushed red pepper
- 1 teaspoon butter
- Salt

## METHOD

**1** Rinse out the Swiss chard leaves thoroughly. Remove the toughest third of the stalk, discard or save for another recipe (such as this [Swiss chard ribs with cream and pasta](#)). Roughly chop the leaves into inch-wide strips.

**2** Heat a saucepan on a medium heat setting, add olive oil, a few small slices of garlic and the crushed red pepper. Sauté for about a minute. Add the chopped Swiss chard leaves. Cover. Check after about 5 minutes. If it looks dry, add a couple tablespoons of water. Flip the leaves over in the pan, so that what was on the bottom, is now on the top. Cover again. Check for doneness after another 5 minutes (remove a piece and taste it). Add salt to taste, and a small amount of butter. Remove the swiss chard to a serving dish.

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