



Wilted Chard

(ADAPTED BY JEREMY FOX, BON APPETIT – “HEALTHYISH”)



Yield: Makes 4 servings

Ingredients

- 1 bunch swiss chard, ribs and stems separated
- 2 tbsp olive oil
- 2 large shallots or ½ medium onion, thinly sliced into rings
- 2 garlic cloves, minced or grated
- 2 teaspoons of sherry or red wine vinegar
- salt and pepper to taste

Optional

dried chili

Instructions

Cut Swiss chard stems into very small pieces. Tear leaves into 2" pieces and rinse well (you'll want some water still clinging to the leaves).

Heat oil in a large skillet over medium-high. Add chard stems, shallots, and garlic and season with salt. Cook, stirring occasionally, until vegetables are starting to soften but haven't changed in color, about 2 minutes.

Add chard leaves and cook, tossing occasionally, until leaves are tender and have released some liquid, about 3 minutes (stems will have a bit of crunch). Mix in vinegar; taste and season with more salt and pepper, if needed.

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Description

Chard is like the colorful cousin to spinach, and is very similar in taste and use. This recipe uses both the stems and the leaves, which are equally edible and delicious! The vinegar adds a bit of tang and helps brighten up the dish. This is also a low-maintenance recipe that can be whipped together in less than 15 minutes!



FARMERS
MARKET

Farmers Market Finds

- Swiss Chard
- Fresh Garlic



GROCERY
STORE

Grocery Store Grabs

- Olive Oil
- Shallots
- Sherry or Red Wine Vinegar
- Salt & Pepper

Biblio Bistro

Biblio Bistro is a fun, quick and dynamic video series featuring local, nutritious and seasonal produce. It's made in partnership with Portage Lake District Library. See how to cook this recipe at pdl.org/biblio-bistro.

Substitutes

Could use apple cider vinegar, balsamic vinegar or white wine vinegar in place of red wine vinegar.

Could use spinach in place of swiss chard.

Pairs with

This light side would work well when paired with trout or roasted chickpeas. It would also work well with scrambled eggs or in an omelet. Fresh bread, dinner roll or pasta would also complement this dish.