

# Garlicky Chard

## Ingredients

- 2 bunches Swiss chard
- 1 tablespoon canola oil
- 4 garlic cloves, smashed
- Large pinch crushed red pepper flakes
- Salt and pepper to taste

*(Makes 4 servings)*



## Directions

1. Wash chard leaves thoroughly. Stack leaves on top of one another. Slice into 1/4 inch strips. Separate stems and leaves into 2 piles.
2. Heat oil in a large pan. Add garlic and red pepper flakes. Using a wooden spoon, cook for 30 seconds, until garlic is fragrant.
3. Stir in chard stems and cook for 5 minutes, coating it in oil. Add in leaves and cook for about 2 minutes.
4. Season with salt and pepper.

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