

# Sautéed Rainbow Chard

Serves 4



VEGAN



VEGETARIAN



GLUTEN FREE



DAIRY FREE

## Ingredients

- 2 large bunches of rainbow chard, cut crosswise into ½-inch wide strips. Stems may be used or removed, they have a sweet crunchy taste and are delicious sautéed.
- 1 tablespoon olive oil
- 2 cloves garlic, finely chopped
- Salt to taste
- ½ teaspoon balsamic vinegar or lemon (optional)

## Directions

1. Place oil in sauté pan. Add garlic and cook on medium-low until garlic is soft, about 2 minutes.
2. Add chard, stir to coat. Sprinkle about 1 tablespoon of water over top, cover and cook until tender, stirring occasionally. This should take around 1-3 minutes if you like the greens to stay slightly firm and about 5-8 minutes if you prefer greens to be cooked down.
3. Remove from heat, add salt and sprinkle vinegar or lemon juice to taste. Serve warm.

Recipe from Cook Well Berkeley: Seasonal Veggies Made Easy, Fall 2011