

## EASY SWISS CHARD

from [simplyrecipes.com](http://simplyrecipes.com)

(serves 2-4)

### **Ingredients**

- 1 large bunch of fresh **Swiss chard**
- 2 Tbsp **olive oil**
- 1 clove **garlic**, sliced
- pinch of dried crushed **red pepper**
- 1/4 tsp whole **coriander seeds** (*optional*)

### **Preparation**

- 1.** Rinse out the Swiss chard leaves thoroughly. Either tear or cut away the thick stalks from the leaves.
- 2.** Heat the olive oil in a sauté pan on medium high heat. Add garlic slices, crushed red pepper, and coriander seeds (if using), and cook for about 30 seconds, or until the garlic is fragrant.
- 3.** Add the chopped Swiss chard stalks. Lower the heat to low, cover and cook for 3 to 4 minutes.
- 4.** Add the chopped chard leaves, toss with the oil and garlic in the pan. Cover and cook for 3 to 4 more minutes. Turn the leaves and the stalks over in the pan.  
  
If the chard still needs a bit more cooking (remove a piece and taste it), cover and cook a few more minutes.
- 5.** Serve immediately.