



EASY SAUTEED SWISS CHARD

Buying and Storing Swiss Chard

There are several varieties of chard, and they're almost always interchangeable in recipes. It's their stalks, not their leaves, that differentiate varieties. Swiss chard usually refers to chard with white stems. Red-stalked varieties are rhubarb (different from the [rhubarb](#) used to make pies), red, or ruby chard. Rainbow chard has multicolored stalks. For this recipe, use any variety.

Choose chard with crisp, deep green leaves and stems that are firm. Don't buy wilted chard or chard with leaves with holes in them. To keep it fresh, store dry chard at home before wrapping in paper towels in an air-tight zipper bag for up to 7 days.

Can You Freeze Swiss Chard?

Freeze uncooked Swiss chard by separating the leaves from the stems. Blanch the stems for 3 minutes and the leaves for 1 minute, then shock in an ice bath. Freeze in a freezer-safe zipper bag with the air pressed out for up to 6 months.

Or you can prepare this recipe, let it cool, and freeze it for an instant side dish.

How to Cook Swiss Chard

For this easy sauté we are cooking the chard in just a little olive oil with some thinly sliced garlic and red pepper flakes. We're also including coriander seeds which taste fantastic with the chard. If you don't have coriander, you

can skip it, but if you do have it, it will make this simple Swiss chard dish truly special.

PREP TIME: 8 mins **COOK TIME:** 10 mins **TOTAL TIME:** 18 mins
SERVINGS: 2 to 4 servings

The coriander seeds are optional because not everyone has them in their spice rack. But if you do, please use them! Coriander is wonderful with chard.

Ingredients

- 1 large bunch fresh Swiss chard (7 or 8 large leaves)
- 2 tablespoons extra virgin olive oil
- 1 clove garlic, sliced
- Pinch crushed red pepper
- 1/4 teaspoon whole coriander seeds (optional)

Method

1. *Prep the chard stalks and leaves:*

Rinse out the Swiss chard leaves thoroughly. Either tear or cut away the thick stalks from the leaves.

Cut the stalk pieces into 1-inch pieces. Chop the leaves into inch-wide strips. Keep the stalks and leaves separate.

2. *Sauté the garlic and crushed red pepper:*

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 stalks:*

Add the chopped Swiss chard stalks. Lower the heat to low, cover, and cook for 3 to 4 minutes.

4. *Add the leaves:*

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.*

NUTRITION FACTS (PER SERVING)

70	CALORIES
7g	FAT
2g	CARBS
1g	PROTEIN

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