

SAUTEED SWISS CHARD

A simple sauté highlights the sweetness and tender texture of Swiss chard. Lemon juice adds a nice zing!

Chef Kwiatkowski adapted a recipe from [epicurious](#)

Featured Food: Swiss Chard

Yield: Makes 4-5 servings

Ingredients

1 bunch (about 1 lb.) Swiss chard	½ c. white wine
2 T. extra virgin olive oil	½ to 1 T. fresh lemon juice
1 T. minced garlic	Salt and pepper to taste
¼ c. julienne shallot	2 T. freshly grated Parmesan cheese
1 T. unsalted butter	

Preparation

Remove stems and center ribs from chard; discard tough portions, then cut stems and ribs crosswise into 2-inch pieces. Stack chard leaves and roll up lengthwise into cylinders. Cut cylinders crosswise to make 1-inch-wide strips. Set aside both parts keeping them separate.

Heat olive oil in a large skillet over medium-high heat. Stir in the garlic and shallot; cook for 30 seconds until fragrant.

Add the chard stems and deglaze the pan with the white wine. Simmer until the stems begin to soften, about 3-5 minutes. Stir in the chard leaves, and cook until wilted. Toss with lemon juice, salt and pepper to taste.

Use a slotted spoon to transfer chard to serving bowl. Top with Parmesan cheese.