

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

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| 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.