

# Easy Swiss Chard, Two Ways

## MARY BLAKE'S SWISS CHARD - FROM UNITED HARVEST

### INGREDIENTS & DIRECTIONS

- 1-1½ tablespoons vegetable oil
- ½ cup finely chopped onion
- 4 cups Swiss chard cut into bite-sized pieces
- 1-1½ cups canned red kidney beans, drained
- ½ cup sour cream
- ¼ teaspoon salt or to taste
- ⅛ teaspoon pepper

In a large skillet, heat the oil on medium-high heat.  
Add the onions and cook until translucent, about 2 minutes.  
Add the Swiss chard, stirring until wilted about 3 minutes.  
Add the beans, stirring and cook until heated through.  
Remove from heat, stir in the sour cream, salt and pepper.



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## SAUTEED SWISS CHARD

### INGREDIENTS & DIRECTIONS

2 bunches swiss chard, stems trimmed, leaves cut into ½ inch ribbons

1 ½ tablespoons butter or ghee

1 ½ tablespoons olive oil

2 garlic cloves, minced

1 pinch dry crushed red pepper

lemon juice, from ½ a lemon

salt

Melt butter and oil in heavy large pan over medium-low heat. Add garlic and crushed red pepper.

Sauté until fragrant, about 1 minute.

Add swiss chard; stir to coat.

Cover and cook until tender (stirring occasionally) about 8 minutes.

Squeeze juice from lemon onto chard.

Season to taste with salt.

## Market Shopping List

- Garlic (June-Oct) - 18th C. Purity, Apis Verdi, Blueberry Hill Organics, CT Valley, Oxen Hill, Riverview, Wayne's Organic
- Ghee (June-Oct) - FarmTrue (guest vendor)
- Olive Oil (June-Oct) - Ariston, Capa di Roma
- Onions - Early onions from Apis Verdi, Blueberry Hill Organics, then July-Oct from 18th C. Purity, Apis Verdi, Bluebird Hill, Colgan, CT Valley, Easy Pickin's, Oxen Hill, Riverview, Wayne's Organic
- Swiss Chard (June-Oct) - 18th C. Purity, Apis Verdi, Bluebird Hill, CT Valley, Easy Pickin's, Oxen Hill, Riverview, Wayne's Organic

All other ingredients from **Highland Park Market of Coventry** - Easy to get to on your way home!