

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.



This project was funded in part by the Connecticut Department of Agriculture through the Community Investment Act.



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!