

SAUTEED GREENS

This week we will be picking up Swiss chard. One great way to prepare tender greens like these is to steam them until they are almost done and then sauté them briefly with garlic.

1 pound Swiss chard, washed and stemmed
2 tablespoons olive oil
1 large or two medium garlic cloves
Red pepper flakes (optional)
1 tablespoon lemon (optional)
Salt and pepper to taste

1. Mash garlic with the broad side of a kitchen knife, peel papery skin and set aside.
2. Steam the spinach or Swiss chard just until it turns bright green. Remove and rinse under cold water to stop cooking. If you don't have a steamer basket, bring $\frac{1}{4}$ cup water to boil in a saucepan. Add the spinach or Swiss chard, cover, and cook until it turns bright green. Drain and rinse under cold water to stop cooking. In either case, the greens will cook quickly, so be sure to check often to make sure they are not overcooked.
3. Heat olive oil in sauté pan over medium heat until the oil begins to ripple. Add the mashed garlic clove and sauté for a few minutes until the garlic begins to brown. Remove the garlic from the pan, add the greens and stir to coat with the oil.
4. Season with red pepper and/or lemon juice, if desired, as well as salt and pepper and serve.

Serves 2-3.