

The Farm at St. Joe's

Sautéed Swiss Chard with Parmesan

Ingredients:

2 Tablespoons butter
2 Tablespoons olive oil
1 clove garlic, minced
1/2 small red onion, diced
1 bunch Swiss chard, chopped
(separate chopped stems from
chopped leaves)
1/2 cup dry white wine
1 Tablespoon lemon juice
2 Tablespoons grated Parmesan
cheese
Salt to taste



Directions

- 1) Melt butter and olive oil together in a large skillet over medium-high heat.
- 2) Stir in the garlic and onion, and cook for 30 seconds until fragrant.
- 3) Add the chard stems and the white wine. Simmer until the stems begin to soften, about 5 minutes.
- 4) Stir in the chard leaves, and cook until wilted.
- 5) Finally, stir in lemon juice and Parmesan cheese; season to taste with salt.

Serves 6. Nutrition per serving: 104 calories, 9g fat, 68mg sodium,
4g carbs, 1g sugar, 1g protein

Local Is Better

Eating local is healthier. Local produce contains more vitamins and minerals than supermarket produce which has been shipped from far distances. At The Farm at St. Joe's all of our produce is grown without the use of pesticides and is harvested by hand.

If you are interested in volunteering at The Farm at St. Joe's, call 734-712-HOOP (4667). For more information on nutrition, call St. Joseph Mercy Nutrition Services at 734-712-5800.

Like this Recipe?

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