



## Sautéed Swiss Chard

4 servings

10 minutes

### Ingredients

10 cups Swiss Chard  
2 tbsps Extra Virgin Olive Oil  
1/4 tsp Sea Salt

### Directions

- 1 Prepare the Swiss chard by trimming off the leaves, and chopping the stems.
- 2 Heat the olive oil in a large skillet over medium-high heat. Stir in the stems and cook until they begin to soften, about 5 minutes.
- 3 Stir in the remaining leaves, and cook until wilted. Season with salt. Divide onto plates and enjoy!

### Notes

**No Olive Oil:** Use coconut oil, avocado oil, butter or ghee.

**Oil-Free:** Steam or gently simmer the stems and leaves in water or broth.

**Storage:** Refrigerate in an airtight container up to 3 to 5 days.