

Sautéed Garlic Chard

Ingredients:

- 1 bunch of fresh chard
- 2 tablespoons olive oil
- 3 cloves of garlic, minced
- Salt and pepper to taste
- A squeeze of lemon juice (optional)

Instructions:

1. Start by washing the chard thoroughly and removing the stems from the leaves. Chop the stems into bite-sized pieces and roughly tear the leaves.
2. Heat olive oil in a large skillet over medium heat.
3. Add the minced garlic to the skillet and sauté for about 1-2 minutes until fragrant.
4. Add the chard stems to the skillet and cook for 3-4 minutes until they start to soften.
5. Add the torn chard leaves to the skillet and cook for another 3-4 minutes until they wilt and become tender.
6. Season with salt and pepper to taste.
7. If desired, squeeze a bit of fresh lemon juice over the sautéed chard for a bright and tangy flavor.
8. Remove from heat and serve as a delicious and nutritious side dish alongside your favorite protein or grains.