

# Rainbow Chard

2 servings

## Time:

60 minutes

## Ingredients:

2 cups Rainbow Swiss Chard greens, rinsed, chopped  
1 medium tomato  
1 clove garlic, minced (more if you like garlic)  
1 teaspoon canola or olive oil

## Equipment:

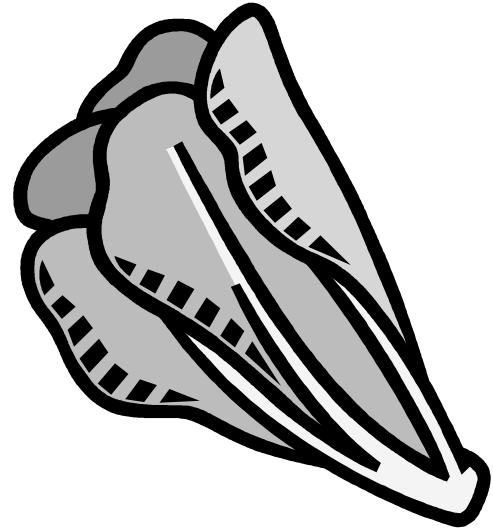
- Chef knife and serrated dinner knife
- Cutting Board
- Large fry pan
- Measuring spoons and cups
- Kitchen Spoon
- Stove or electric burner
- Plates, forks, napkins for serving

## Directions:

1. Add oil to pan and heat on medium.
2. When oil starts to get hot, add garlic and sauté for 1-2 minutes.
3. Add tomato and sauté for 1-2 minutes.
4. Add Swiss Chard greens and sauté for 2 minutes or until they are wilted. Do not overcook.

## Serving suggestions:

Serve plain as a side dish, serve over a bed of grains such as rice, toss with pasta, or serve with slices of pita bread.



## Nutrition Facts

Serving Size 1 SERVING (101g)

Servings Per Container 2

### Amount Per Serving

**Calories** 40      Calories from Fat 25

%Daily Value\*

**Total Fat** 2.5g      **4%**

Saturated Fat 0g      **0%**

**Cholesterol** 0mg      **0%**

**Sodium** 80mg      **3%**

**Total Carbohydrate** 5g      **2%**

Dietary Fiber 1g      **5%**

Sugars 2g

**Protein** 1g

Vitamin A 30%      •      Vitamin C 40%

Calcium 2%      •      Iron 6%

\* Percent Daily Values are based on a 2,000 calorie diet.