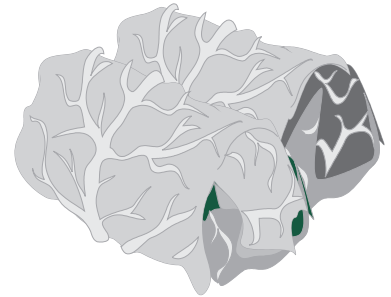


# Italian Style Swiss Chard

Karen Crowley



## Ingredients

1 bunch Swiss chard  
leaves, with stems

8 to 12 ounces diced  
tomatoes

2 to 3 garlic cloves, diced

olive oil

pinch of basil & oregano

Parmesan cheese

## Directions

Wash chard; dice stems and chop leaves.

Boil stems in water (with salt) for approximately 10 minutes, until they are just tender.

Add leaves and boil for 1 more minute, then drain and set aside.

In a small amount of olive oil, sauté garlic in a frying pan for approximately 1 minute.

Add diced tomatoes, chard, basil, and oregano.

Cover and simmer for approximately 10 minutes.

Sprinkle with Parmesan cheese and serve.

## Comment

Great served on couscous. Other options: serve on pasta, rice or noodles.