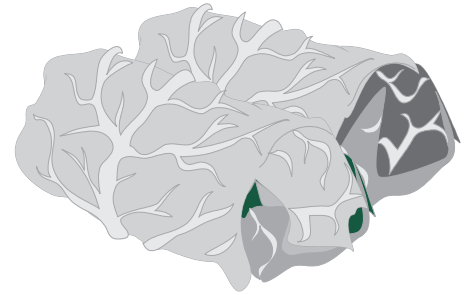


# Swiss Chard Stir-fry

Elizabeth Thompson



## Ingredients

1 bunch Swiss chard

about 2 inches of  
fresh ginger, chopped

2 tablespoons olive  
oil

slivered almonds

raisins

2 to 4 tablespoons  
soy sauce or Tamari

## Directions

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Chop up ginger.

Chop up Swiss chard stems into 1/4-inch pieces.

Chop up Swiss chard leaves.

Heat oil in pan and add ginger and stems: stir-fry about 4-5 minutes.

Add Swiss chard leaves and stir-fry about 7 minutes, but do not let the leaves get over cooked! A little crunchy is much better than soggy and wilted.

Add slivered almonds, raisins and soy sauce.

Serve.

## Comments

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This is very good with basmati rice.