

CREAMY SWISS CHARD

Ingredients:

- 1-2 bunches of organic swiss chard- chopped (I prefer the rainbow variety if your grocery carries it)
- 1 tbsp ghee or butter
- 1 tbsp olive oil
- 1-2 garlic cloves- minced
- ½ cup sour cream (if you want to try a great dairy-free alternative- grab the Forager brand sour cream... it's cashew-based and amazing!)
- 2 tbsp organic heavy cream or coconut milk
- ¼ tsp nutmeg
- Salt and pepper to taste

Directions:

Thoroughly clean your swiss chard and chop. Melt the two oils in a large pan on medium heat.

Add the swiss chard and wilt down (you may have to do it in batches but it will cook down considerably like spinach will).

Add the finely minced garlic and continue to stir/cook Add the sour cream and milk.

Stir well and add nutmeg, salt, and pepper to taste. Serve.



About:

I grew up eating swiss chard from the garden and it wasn't until I was an adult that I realized it was a vegetable unfamiliar to many. Swiss Chard is a leafy green vegetable commonly served in Mediterranean cuisine. The stems of each varietal are different colors, spanning the entire rainbow from white to purple. "Rainbow chard" is simply those varietals sold as a bunch in the grocery store. Swiss chard is a nutritional powerhouse -- an excellent source of vitamins K, A, and C, as well as a good source of magnesium, potassium, iron, and dietary fiber.

One of my favorite treats when I eat at a nice steak house is a good creamed spinach, but I have found this isn't hard to make at home- and I can do it about 5,000 times healthier than any fancy restaurant in town. Today, I share my home made version- but with Swiss Chard!