

Sautéed Swiss Chard with Mushrooms

EASY | RECIPE

- 2 large bunches Swiss chard (8-10 cups)
- 2 tbsp olive oil
- 2½ cups mushrooms (any variety), sliced
- ⅛ tsp fresh ground pepper
- 2 tbsp grated Parmesan cheese

1. Rinse chard leaves well and pat dry. Coarsely chop the leaves, separating large ribs. **Note:** 8-10 cups of raw chard yield 3-4 cups cooked.
2. In a large sauté pan, heat oil over medium-low temperature. Add mushrooms and sauté.
3. When mushrooms are browned, add chard leaves in batches (to avoid overloading pan). Toss and sauté until leaves are partially wilted, 3-4 minutes.
4. Remove from heat, cover and allow to steam 2-3 minutes.
5. Place chard and mushrooms in serving dish and sprinkle with pepper and Parmesan cheese. Serve immediately.

Nutritional note about Swiss chard: It's naturally high in sodium. If you're watching your sodium intake, try other greens for this recipe, such as collards, mustard greens or kale (spinach and beet greens are also high in sodium).

Makes 4 servings. Per serving:

115 calories | 5.8g protein | 7.8g total fat | 1.3g saturated fat | 5.1g mono fat | .7g poly fat
2.3mg cholesterol | 8.6g carbohydrate | 1.7g sugar | 4.3g fiber | 319mg sodium