LIVING WELLNESS *Recipes*

Sautéed Swiss Chard + Caramelized Onions

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TIME: 30 MINUTES
SERVINGS: 4 SERVINGS, DOUBLE THE RECIPE AS DESIRED
CATEGORY: SIDE DISH, VEGETABLE

INGREDIENTS

- 1-3 shallots, peeled and chopped
- 1 medium sized yellow or sweet onion, peeled and chopped
- 1 bunch Swiss chard (rainbow is my favorite because of the beautiful colors!) including stems
- 3 tablespoons organic butter (more may be needed based on how much chard you use & temperature you sauté at)
- 1 tablespoon organic extra virgin olive oil
- 1/2 tsp of Celtic Sea Salt (or any good mineral salt) or salt to taste

INSTRUCTIONS

1. Melt butter and olive oil in a medium saucepan over medium low heat. Add onion and shallot, stir and cover. Stir occasionally, while prepping the Swiss chard.
2. Wash the Swiss chard and then cut the leaves off the stalk (see picture below). Chop the stalk into 2-3 inch sizes pieces and add these to the onions cooking. Cover and sauté for 8-10 minutes or until chard stalks are fork tender.
3. While the chard stalks are cooking, chop the Swiss chard leaves roughly.

4. Working in batches, add enough Swiss chard leaves to cover the sautéed veggies in the pan. Cover and cook until leaves are wilted. Then stir and add another layer of leaves until all leaves are cooked.
5. Remove from heat and salt to taste!

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