

Swiss Chard from simplyrecipes.com

1 large bunch of fresh Swiss chard
1 small clove garlic, sliced
2 tbsp olive oil
2 tbsp water

Pinch of dried crushed red pepper
1 tsp butter
salt

Rinse out the Swiss chard leaves thoroughly. Remove the toughest third of the stalk, discard or save for another recipe. Roughly chop the leaves into inch-wide strips. Heat a saucepan on medium heat setting, add olive oil, a few small pieces of garlic and the crushed red pepper. Sauté for about a minute. Add the chopped Swiss chard leaves. Cover. Check after about 5 minutes. If it looks dry, add a couple of tablespoons of water. Flip the leaves over in the pan, so that what was on the bottom, is now on the top. Cover again. Check for doneness after another 5 minutes (remove a piece and taste it). Add salt to taste, and a small amount of butter. Remove the Swiss chard to a serving dish.

Swiss Chard Wraps from cooks.com

9-10 Swiss chard leaves, at least 9 inches
1 large tomato, sliced and cut in half
½ c. Mozzarella cheese, grated

2 tbsp olive oil
1 tbsp onion flakes
Salt and pepper

Steam Swiss chard for a few minutes. Do not overcook. Open leaves and brush on olive oil lightly. Put tomato slice in center of leaf – top with pinch onion – salt and pepper and add one tablespoon of cheese. Fold leave around tomato – this will hold together well. Put on grill until hot – can turn once. Works best if you use a 2 sided grill that holds food in place. This can also be cooked in an oven at 400 degrees for 10 minutes on a cookie sheet.

Braised Swiss Chard from cooks.com

1 bunch Swiss chard
3 tbsp virgin olive oil
3 cloves garlic, minced

1 small can of Del Monte tomato sauce
salt and pepper to taste

Clean Swiss chard with water. Cut off stems. Do not dry leaves; allow moisture to remain after washing. In a skillet, braise the garlic in the olive oil until golden. Add Swiss chard, braised until wilted. Add tomato sauce. Cook for 10 minutes over low heat. Salt and pepper to taste.