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Sautéed Swiss Chard with Garlic and Lemon

Ingredients

- 1 Tbsp vegetable oil
- 1 large bunch of fresh Swiss Chard, cut off thick stems if desired
- 1 garlic clove, chopped
- The juice of ½ a lemon

Servings

4, as a side dish

Directions

Heat oil on medium-high heat, in a large sauté pan, until it begins to shimmer

Add garlic, sauté for 1-2 minutes

Turn heat down to medium

Add Swiss chard

Let Swiss chard steam in pan, stirring occasionally with tongs or a spatula, until greens are completely wilted

Remove from heat & serve immediately!

Squeeze fresh lemon on greens just before serving.

Enjoy this delicious, low calorie side dish!

Recipe Source: RWJBarnabas Health, MED PRO Wellness