

Garlicky Swiss Chard Recipe

Adopted from Melissa Clark's NYT recipe

Ingredients:

- 2 bunches of swiss chard with the stems removed
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 1 large pinch of crushed red pepper flakes or ground black pepper
- Salt to taste

Preparation:

1. Stack chard leaves (you can make several piles) and slice them into $\frac{1}{4}$ inch strips.
2. Heat oil in a large skillet (or pot) over medium heat. Add garlic and optional red or black pepper and cook for 30 seconds until garlic is fragrant. Stir in the chard, coating it in oil. Cover the pan and let cook for up to 2 minutes, until the chard is wilted. Uncover, stir and cook for 2 more minutes. Season with salt.
3. Serve immediately as a great side dish at breakfast, lunch, or dinner!

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