

SAUTÉD SWISS CHARD

Ingredients:

1 bunch Swiss chard, cleaned and chopped

2 cloves garlic, sliced thinly

2 tablespoons olive oil

A pinch or two of sea salt

1/8 teaspoon ground black pepper

Splash of red wine vinegar

Heat the olive oil in a sauté pan until hot, but no smoking. Add the sliced garlic and quickly sauté for 1/2 minute. Add the chard in handfuls at a time, wilting it in the oil. Continue adding the chard until all is wilted. Add salt. Cover the pan with a lid and simmer at low heat for 3-4 minutes. Remove the lid and add a splash of vinegar at the end for flavor.

The San Francisco Public Library in partnership with
The Heart of the City Farmer's Market presents



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FOOD EDUCATION AT THE LIBRARY

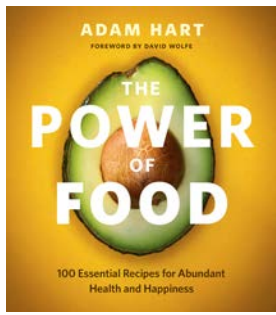
TODAY'S FEATURED INGREDIENT:

CHARD

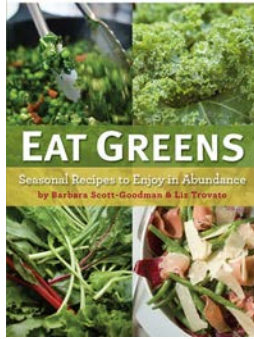


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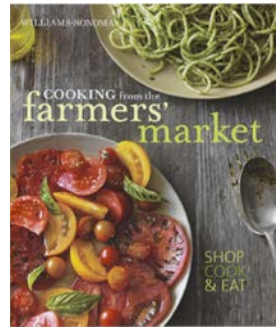
Main Library 100 Larkin St. (at Grove) (415) 557-4400 sfpl.org



The Power of Food



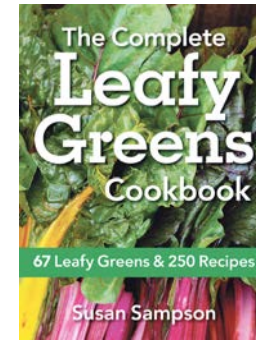
Eat Greens



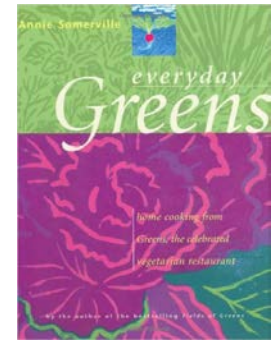
Cooking from the Farmers' Market



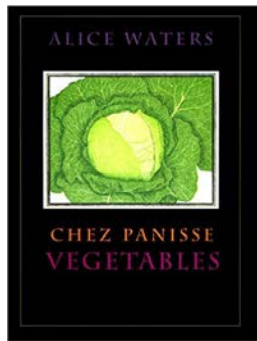
Vegetarian Cooking



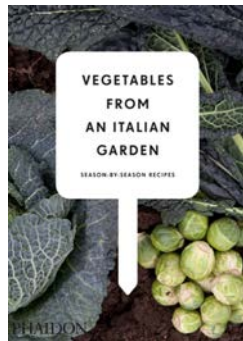
The Complete Leafy Greens Cookbook



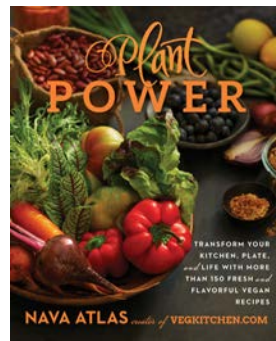
Everyday Greens



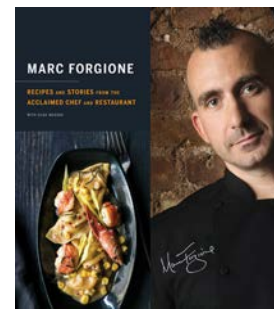
Chez Panisse Vegetables



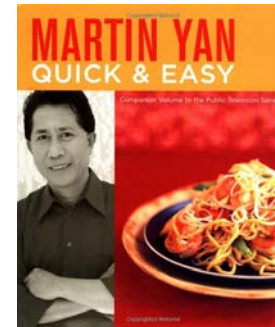
Vegetables from an Italian Garden



Plant Power



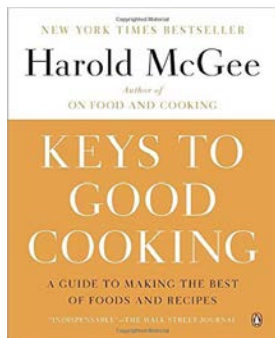
Marc Forgione



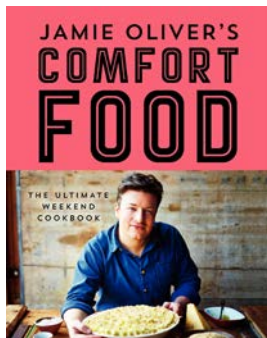
Martin Yan Quick and Easy



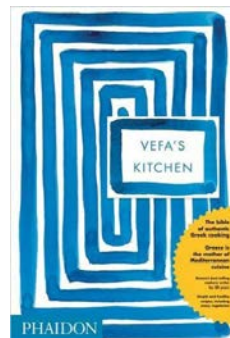
So Easy



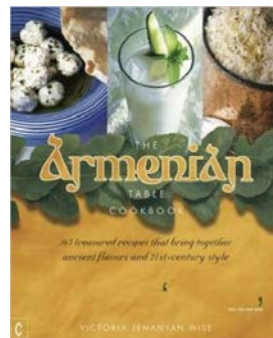
Keys to Good Cooking



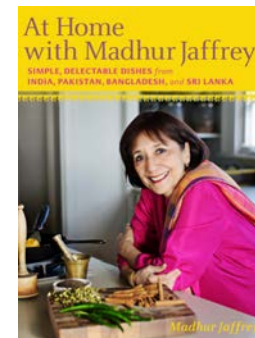
Jamie Oliver's Comfort Food



Vefa's Kitchen



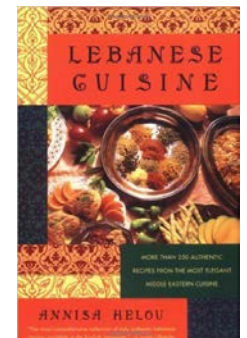
The Armenian Table



At Home with Madhur Jaffrey



Spain



Lebanese Cuisine

Check out our cookbooks at the library! All of the above titles have recipes for Chard or Spinach.