



*From our farm to your table*

## Sautéed Swiss Chard

10 cups Swiss chard, washed and chopped

3 Tbsp. olive oil

2 garlic cloves, minced

1 Tbsp. soy sauce

1/4 tsp. salt

2 medium red onions

1/4 cup chicken broth

1/4 tsp. red pepper flakes

1/4 tsp. black pepper

Heat oil, add onion and garlic, cook about 5 minutes. Add broth, soy sauce, and seasonings. Add Swiss chard, about a cup at a time, stirring until wilted. Cover and cook about 5 minutes longer. Serves 4-6