

Leafy Greens and Parmesan Cheese



Makes: 4 servings Serving Size: 1/2 cup

INGREDIENTS

- 1 bunch Swiss chard (or substitute for kale)
 - Stems and center ribs cut out, chop together
 - Coarsely chop leaves separately
- 2 Tablespoons un-salted butter
- 2 Tablespoons olive oil
- 1 Tablespoon garlic, minced
- 1/2 small red onion, diced
- 1/2 cup dry white wine (substitutes: apple cider vinegar, diluted white wine vinegar, chicken or vegetable broth, additional lemon juice)
- 1 Tablespoon fresh lemon juice, or to taste
- 2 Tablespoons freshly grated Parmesan cheese
- 1 pinch salt to taste



For recipe video, visit:



DIRECTIONS

1. Prepare all ingredients
2. Melt butter and olive oil together in a large skillet over medium-high heat.
3. Stir in garlic and onion, and cook for 30 seconds until fragrant.
4. Add the Swiss chard stems and the white wine.
5. Simmer until the stems begin to soften, about 5 minutes.
6. Stir in the chard leaves, and cook until wilted.
7. Finally, stir in lemon juice and Parmesan cheese; season to taste with salt if desired.
8. Enjoy!

Nutrition Facts

Calories 165, Total Fat 14 g, Saturated Fat 5 g, Total Carbohydrate 5 g, Protein 2 g, Sodium 202 mg, Sugar 2 g, Cholesterol 18 mg, Dietary Fiber 1 g, Calcium 67 mg

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