

Sautéed Swiss Chard with Parmesan Cheese

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Prep Time: 15 minutes

Cook Time: 10 minutes

Ready in: 25 minutes

Servings: 4

Ingredients:

2 tablespoons butter

2 tablespoons olive oil

1 tablespoon minced garlic

½ small red onion, diced (I used a sweet yellow, KM)

1 bunch Swiss chard, stems and center ribs cut out and chopped together, leaves coarsely chopped separately

½ cup dry white wine (or chicken broth)

1 tablespoon fresh lemon juice, or to taste

2 tablespoons freshly grated parmesan cheese

Salt and pepper to taste (optional)

Directions:

Melt butter and olive oil together in a large skillet over medium-high heat. Stir in the garlic and onion, and cook for 30 seconds until fragrant. Add the chard stems and the white wine. Simmer until the stems begin to soften, about 5 minutes. Stir in the chard leaves, and cook until wilted. Finally, stir in lemon juice and Parmesan cheese; season to taste if needed. Enjoy!