

## **Simple Swiss Chard**

½ medium sized red or Vidalia onion  
1-2 Tablespoons Canola Oil  
½ - 1 pint chicken broth (or vegetable)  
½ teaspoon sea salt  
10-20 nice sized chard stalks and leaves

In a deep skillet heat the oil and add finely chopped onion, sauté over medium flame until onions soften and may just begin to brown

While onions are cooking, chop chard stalks into ½ inch lengths, wash /rinse under cold water, and pour over already cooking onions, sauté over medium flame for 2-4 minutes

Chop rest of chard leaves (with stalks in center of leaves) into ½ inch pieces, wash / rinse under cold water, add to pan with onions and stalks

Pour chicken or vegetable broth over chard and onions; add salt, stir, and sauté over medium flame (with top off) until stalks are 'al-dente' – semi soft to the fork or bite

**Serve with meat, rice, potatoes, or simply all by themselves**

**Nutritious and Delicious Greens**