

# Recipe: Swiss Chard and Cranberries



Photo credit: Myplate.gov

**Number of servings: 4**

## **Food Safety Tips:**

1. Wash hands for 30 secs with hot water and soap
2. Sanitize all food prep surfaces and cooking utensils
3. Rinse and scrub all produce

## **Ingredients**

- 2 tablespoons olive oil (or cooking oil of choice)
- 1 medium onion (chopped)
- 6 cups swiss chard (1 pound stems chopped and leaves sliced)
- 1/4 cup dried cranberries

## **Instructions**

- Wash hands with soap and water.
- In a skillet, heat oil over medium heat. Add onions and cook until softened.
- Add the Swiss chard stems and continue to sauté until beginning to soften.
- Increase the heat to high and add the Swiss chard leaves and dried cranberries.
- Once the chard is wilted, turn off the heat and cover the skillet, letting it rest for a few minutes before serving.
- For softer greens, let them rest a little longer.

## **Notes:**

- Rinse, soak, and rinse the Swiss chard again to make it easier to remove all dirt and grit.
- Substitute raisins for cranberries for a different flavor.

## **Nutrition Facts**

Amount Per Serving

**Calories** 102

**Total Fat** 7g

Saturated Fat 1g

Trans Fat #

**Cholesterol** 0mg

**Sodium** 116mg

**Total Carbohydrate** 10g

Dietary Fiber 2g

Sugars 6g

Added Sugars 4g

**Protein** 1g

Vitamin D 0mcg

Calcium 35mg

Iron 1mg

Potassium 248mg

Recipe credit: Virginia Cooperative Extension - [www.eatsmartmovemoreva.org](http://www.eatsmartmovemoreva.org)