

Swiss Chard Recipe

INGREDIENTS

- 1 large bunch of fresh Swiss chard
- 1 small clove garlic, sliced
- 2 Tbsp olive oil
- 2 Tbsp water
- Pinch of dried crushed red pepper
- 1 teaspoon butter
- Salt

METHOD

1 Rinse out the Swiss chard leaves thoroughly. Remove the toughest third of the stalk, discard or save for another recipe (such as this [Swiss chard ribs with cream and pasta](#)). Roughly chop the leaves into inch-wide strips.

2 Heat a saucepan on a medium heat setting, add olive oil, a few small slices of garlic and the crushed red pepper. Sauté for about a minute. Add the chopped Swiss chard leaves. Cover. Check after about 5 minutes. If it looks dry, add a couple tablespoons of water. Flip the leaves over in the pan, so that what was on the bottom, is now on the top. Cover again. Check for doneness after another 5 minutes (remove a piece and taste it). Add salt to taste, and a small amount of butter. Remove the swiss chard to a serving dish.

Sautéed Kale with Smoked Paprika Recipe

Kale tends to collect dirt in the leaf wrinkles, so rinse carefully before using. To prep, cut the leaf away from the center rib and stem of each leaf. Discard stems and center ribs.

INGREDIENTS

- 1 lb fresh kale, carefully rinsed, stems and center ribs cut away and discarded, leaves coarsely chopped
- 2 Tbsp olive oil
- 1 medium onion, chopped (about 1 cup)
- 1/2 teaspoon smoked paprika (also sold as [Pimenton](#)), sweet or hot
- Pinch of dried crushed red pepper
- Salt

METHOD

1 Bring a large pot (4 qts) of water to a boil. Add a Tablespoon of salt to the water. Add the chopped kale. Cook until wilted, about 5 minutes. Drain and set aside.

2 Heat olive oil in a large sauté pan on medium heat. Add the chopped onion and sauté until translucent, about 5 minutes. Stir in the smoked paprika and crushed red pepper. Add the kale and sauté for several more minutes. Sprinkle on more salt and smoked paprika to taste.

Sauteed Greens With Garlic

Ingredients

- 2 bunches fresh [greens](#) (Chard, collards, kale or mustard)
- 1 tablespoon [extra-virgin olive oil](#)
- 4 [garlic cloves](#), thinly sliced
- 1 jalapeno pepper, seeded and finely minced (optional)
- 1-3 pinch [red pepper flakes](#), to taste
- 1 tablespoon [sherry wine vinegar](#) or [cider vinegar](#)
- 1/2 teaspoon kosher [sea salt](#), plus more to taste

Directions

Rinse greens well, transferring from one sink of cold water to another, until water is clear and all sediment is removed from leaves.

Tear or cut leaves away from tough stems and discard. Discard old or yellowed leaf sections. The stems and old leaves can cause the greens to be bitter. Coarsely chop leaves.

Heat a large skillet over high heat. Cook garlic, jalapeno, and pepper flakes in oil briefly, then add greens, a few handfuls at a time. Cook down each batch until leaves are just beginning to wilt (soften) before adding another handful. Add all greens to skillet in this manner.

Stir in vinegar and salt. Cover and cook until just tender, 2 to 10 minutes, depending on the type of greens and your preference.

Serve as a side dish (or a meal) with cornbread.