

Swiss Chard with Currants & Pine Nuts

A fairly traditional Mediterranean preparation of Swiss chard involves the addition of currants and pine nuts for a slightly sweet, slightly

crunchy dish. In this version I use the whole chard plant, stems and all. Feel free to substitute raisins and other nuts such as almonds. This

dish works well as a side with chicken or fish or makes a great vegetarian main dish when tossed with pasta.

Ingredients:

- 1 small garlic clove, minced
- ½ onion, diced
- 1 bunch Swiss chard
- 1.3 C. currants
- 1/3 C. pine nuts, toasted
- ¼ cup white wine or water
- 1.5 tbsp olive oil
- salt and pepper to taste

Directions:

Soak currants in hot water to soften.

Remove stems from chard and chop finely. Roughly chop chard leaves.

Heat oil in a large pan and add the onion and chard stems.

Sautee over medium heat until onion is translucent. Add garlic and cook about 1 minute until fragrant.

Add chard and wine or water. Cover and cook over low heat until wilted (about 2 minutes). Remove from heat. Add currants, pine nuts and salt and pepper. Serve warm.