

## Swiss Chard Saute

### Ingredients:

One bunch of swiss chard (spinach, or baby bock choy,)  
1 tablespoon of extra virgin olive oil  
2 cloves garlic pinch of sea salt  
¼ cup of chopped walnuts (or pine nuts or other favorite nut)  
¼ cup dried cranberries

### Directions:

- wash greens and tear or slice into bite sized pieces
- in a saucepan add enough water to cover pan and bring to a boil
- add greens and cover, water sautéing for 2-4 minutes
- remove greens from water with tongs and place in a bowl on the side
- pour water into a cup and drink (this is called pot likker and is very nutritious)
- Reserve some for later (don't be tempted to drink it all)!
- Heat oil in pan and add minced garlic
- When garlic is golden, add greens and sea salt
- Cover and steam for an additional minute mixing with tongs to coat greens with oil
- Add in walnuts and cranberries, stir and serve