

Swiss Chard with Toasted Almonds

2 bunches Swiss chard, washed, stems removed and cut into 2-inch strips
1 small yellow onion, thinly sliced
3-4 cloves garlic, finely minced
3 T. olive oil
1/4 c. white wine
1/3 c. toasted almond slivers
sea salt and freshly ground black pepper
optional — 2 oz. feta or goat cheese

In a preheated sauté pan add oil and sauté onion until slightly brown. Add garlic and cook for 30 more seconds. Add one third of the chard and stir until wilted. Continue adding chard and stirring until you have added it all. Add white wine and cook an additional minute. Chard leaves should be nice and tender when done. Season with salt and pepper and place on attractive serving dish. Sprinkle almonds on top of chard and serve.