

Italian Style Swiss Chard

Ingredients

- 1 bunch Swiss chard
- 1 cup water
- 1 tablespoon salt
- 2 tablespoons olive oil
- 4 cloves garlic, coarsely chopped
- 1/8 teaspoon crushed red pepper flakes
- salt to taste

Directions

1. Wash the Swiss chard and cut into 1 inch strips. Separate the thick and tough stalk sections from the upper leafy strips.
2. Bring the water and 1 tablespoon of salt to a boil in a large saucepan.
3. Cook the stalk sections in the salted boiling water for 2 minutes. Stir in the leafy strips and cook until the leaves are wilted and the stalks are fork tender, about 6 minutes. Drain and set aside.
4. Heat the olive oil, garlic, and red pepper flakes in a large skillet over medium heat until aromatic, about 3 minutes. Add the drained Swiss chard, cook and stir for 2 minutes; season with salt to taste.
5. Serve over linguini or spaghetti. Garnish with parsley or sweet basil