



Swiss Chard & Zucchini with Balsamic and Parmesan

Quick, delicious, and savory. This recipe is packed with nutrients and flavor.

Ingredients:

- 2 tablespoon extra-virgin olive oil plus more for drizzling
- 1 bunch Swiss chard washed and cut into bite-sized pieces (stems and leaves separated)
- 3 garlic cloves, minced
- 2 green zucchini (or yellow summer squash) sliced into half moons
- Handful of fresh basil leaves, roughly chopped
- Sea salt
- 1 tablespoon balsamic vinegar
- Grated parmesan cheese (optional)

Instructions:

1. In a large skillet over medium heat, sauté garlic in olive oil until golden.
2. Toss chard stems into the skillet and cook about 5 minutes, stirring a few times.
3. Add zucchini, chard leaves and a large pinch of sea salt; stir to evenly coat veggies in the olive oil and salt.
4. Add 2 tablespoons water, lower heat to medium-low, cover and steam until veggies are tender crisp, about 4-5 minutes. Lift lid to stir a couple times, and if necessary, add a tiny bit of water to prevent sticking.
5. When veggies are just about cooked enough, uncover, add basil and balsamic vinegar; continue cooking for another couple minutes.
6. Taste and adjust seasonings to keep your palate happy. Drizzle with extra virgin olive oil and top with grated parmesan.

