

**Swiss Chard with Shallots**



**4 SERVINGS**

Nutrition Facts per Serving:

Calories: 105 Protein (g): 8

Fat (g): 11 Carbohydrate (g): 10

# Ingredients:

1 ¼ pounds Swiss chard

1/3 cup slivered almonds

2 tbsp olive oil

2 large shallots, thinly sliced

1 tbsp or more cider vinegar

Dried cherries (optional)

Salt

**Instructions:**

1. Prepare the Swiss chard by stripping the leaves from stems. Slice the stems on a diagonal about ½ inch thick. Chop leaves into large pieces.
2. Toast almonds in a large skillet over medium heat without oil, shaking the pan occasionally, until almonds are lightly browned – about 3-4 minutes. Set aside.
3. Heat oil in the same skillet and increase heat to medium. Add shallots and chard stems stirring frequently until soft and browned, about 6 minutes. If skillet begins to brown too quickly, add 2tbsp water.
4. Add a handful of chard leaves and a little salt, stirring until they wilt. Continue to add leaves seasoning lightly until all leaves are wilted.
5. Transfer from heat and drizzle with vinegar and some additional olive oil. Top with almonds and serve.
6. Sprinkle with diced dried cherries