

## Swiss Chard Recipe # 1

### **OUR FAVORITE CANCER-FIGHTING RECIPES**

#### Swiss Chard with Garlic

##### Ingredients:

- 1 bunch swiss chard
- 2 garlic cloves (segments)
- 1-2 Tablespoons extra virgin olive oil
- Salt & pepper

##### Procedure:

- 1) Separate the stalks from the leafy part of each leaf with kitchen shears or a knife. Both the stalks and leaves are edible.
- 2) Put the stalks in a pot of water and simmer for about 5-10 minutes until the stalks are tender. Do not overcook. Remove the stalks from the pot and drain the water off of the stalks.
- 3) Mince the garlic and put it in a large frying pan along with the olive oil.
- 4) Cook the garlic over medium-high heat until it is soft or browned. Stir frequently.
- 5) Put the leafy parts and the slightly-softened stalks in the large frying pan. Cover the frying pan with its lid. Cook until the leaves are wilted. Stir occasionally. Do not overcook.
- 6) Season with salt & pepper.

Serves: 2 servings

##### Nutritional content:

175 grams (or 6.1 ounces) of Swiss Chard alone has only 35 calories, yet it contains 214% of the RDA for vitamin A, 716% of the RDA for vitamin K and 53% of the RDA for vitamin C, as well as lots of calcium, iron and fiber.

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