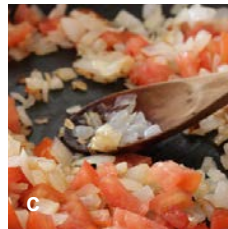




SAUTÉED RAINBOW CHARD WITH TOMATO & ONIONS



MAKES 2-3 SERVINGS

TOOLS

Skillet
Chef's knife

INGREDIENTS

8-10 leaves rainbow chard
1 medium yellow onion, diced
2-3 small tomatoes
2 cloves garlic
2 tsp extra virgin olive oil or unrefined coconut oil
1 tbsp red vine vinegar
1 tbsp pure water
Pinch fine ground sea salt
Fresh cracked black pepper

STEPS

1. Wash the chard.
2. Fold in half (A), and slice across stems and leaves to create chard ribbons (B).
3. You can seed and chop your tomatoes or just chop/use them seeds and all—it's your preference.
4. Place oil in skillet and warm to medium heat. Brown chopped onion for 7 minutes.
5. Add garlic and cook another 2 minutes. Stir in chopped tomatoes (C) and chard. Sprinkle with vinegar (D) and pure water. Cook for about 5 minutes, until chard has wilted, and liquid is absorbed.
6. Season with fine ground sea salt and pepper to taste.
7. Serve warm and enjoy!

ADAPTATIONS & TIPS

1. When you add vinegar, sprinkle in 2 tbsp coconut aminos and a dash of liquid smoke.
2. Sprinkle cooked dish with hemp seed for some extra protein and essential fatty acids.
3. Add some chopped Portobello mushrooms when you add the garlic.
4. For the omnivores in your home, fold in some eggs after you add the chard, and make a scramble.
5. Make a plant-based scramble by preparing the Scramble Sauce from our Mushroom, Onion, Purslane & Quinoa Scramble recipe, and folding it into your cooked veggies with either cooked buckwheat or quinoa.
6. Add chopped carrots, and/or peppers to your onions and cook together for 7 minutes.
7. No chard? Use kale, mustard greens or collards.