

Starters, Sides, and Complements

Swiss Chard with Raisins and Pine Nuts

**Vegan*

A simple side dish that features the ever so healthy veggie Swiss Chard. This green is complemented beautifully with the slight sweetness that the golden raisins lend to the dish. This is a great side for many meals and is one perfect way to eat the heart and bone healthy dark green leafy veggies.

You'll Need

- 1 ½ pounds Swiss chard
- 1/4 cup pine nuts, toasted
- ¼ cup olive oil
- 1 medium onion, finely chopped
- ¼ cup golden raisins
- 1 cup water
- Salt

Directions

- Remove leaves from stems and coarsely chop stems and leaves keeping them separate.
- In a large pot, heat oil and cook onion until slightly soft and fragrant.
- Then add chard stems and cook, stirring occasionally, for approximately 2 minutes.
- Add raisins and ½ cup water and simmer, covered, until stems are softened, about 3 minutes. Add leaves and remaining ½ cup water and simmer, partially covered, stirring occasionally, until leaves are tender, about 3 minutes. Sprinkle with toasted pine nuts and season with salt.



Play with your Food

- Try using rainbow Swiss Chard. It will bring some additional color to the dish.
- Try this recipe with kale instead of Swiss Chard.
- If you do not have pine nuts leave them out or replace with toasted walnuts.