

Sauteed Swiss Chard Recipe

1 bunch of green swiss chard, chopped finely
1 medium onion sliced into rings
1 14 oz can of garbanzo beans
1 tablespoon pepper paste
3 tablespoons olive oil
Salt and pepper to taste



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Boil 8 cups of water and blanch the chard in the boiling water for about 5 minutes. Drain and set aside. Meanwhile slice the onions, heat the oil in a sauté pan and sauté the onions until translucent, for about 5 minutes. Add the chard and the pepper paste and sauté for about 10 more minutes, then add the garbanzo beans. Cook for another 3 minutes and turn off the heat. Season to taste with salt and pepper and serve. Can be eaten hot or cold.