



## Lemon Swiss Chard

(serves 4)

- 1 Tablespoon olive oil
- 3 to 4 cloves garlic, sliced
- 1 head Swiss chard, washed and chopped into large pieces
- 2 teaspoon lemon zest, optional (yellow outer portion of the skin)
- 2 Tablespoons lemon juice
- ¼ teaspoon salt
- 1 Tablespoon balsamic vinegar

- Heat olive oil in large skillet over medium heat. Add sliced garlic and sauté until slightly browned.
- Gradually add in Swiss chard. Add salt (all at once), sauté until wilted.
- Remove from heat and toss with lemon juice, zest (optional) and balsamic vinegar.

Try other greens like kale or collard greens in this recipe.

### Nutritional Information:

Calories: 45  
Total Fat: 2.5g  
Saturated Fat: 0g  
Carbohydrates: 5g  
Fiber: 1.4g  
Protein: 1.75g