

STEAMED CHARD

Ingredients:

12 Swiss chard leaves
1 tsp salt
1 tsp lemon juice

Tip: you can also try to sauté the chard instead of steaming, with some garlic and chopped onion. Sprinkle with some cheese and serve as part of a sandwich.

Instructions:

- Remove the stems off the chard leaves.
- Sprinkle with some salt and lemon juice. Mix well.
- Steam for a few minutes, until the leaves turn bright green.
- Serve as a side dish with grilled fish, roasted chicken or baked beans.

Serves 4

Good to know

Steaming is one of the easiest and healthiest methods of cooking. Steamed vegetables have the least amount of nutrient loss as they are not cooked directly in water. The French technique for steaming involves baking vegetables (and often fish) in closed parchment paper.

