

## Swiss Chard with Cranberries & Almonds

*Becky Perkins*

Prep Time: 15 minutes

Yield: 3-4 servings

### Ingredients:

one bunch Swiss chard (8-12 leaves)  
1/4 cup dried cranberries  
2 tablespoons sliced almonds, toasted  
2 tablespoons extra virgin olive oil  
1-2 teaspoons honey  
1/4 teaspoon salt  
1/8 teaspoon pepper

### Process:

Grasp entire bunch of Swiss chard. Starting with the stems, chop into 1/4-1/2 inch pieces. Once you reach the leaves, double your chopping width. Partially fill a (clean) kitchen sink or a large bowl with water and submerge chard. Transfer chard to a medium sized skillet with a lid, allowing the chard to stay damp. Cover and cook over medium heat for approximately 10 minutes, until the leaves are limp and the stems are soft.

Meanwhile, mix together olive oil, honey, salt and pepper. When chard is ready, transfer to a bowl, leaving excess water behind. Toss chard with olive oil mixture and dried cranberries. Top with toasted almonds. Serve hot.

