

Chard Breakfast Skillet

From – *Women's Health Magazine*

1 ¼ cup quartered cherry tomatoes
1 Tbsp red wine vinegar
2 bunches chard
2 cups chopped onion
3 Tbsp olive oil
4 cloves garlic – minced
½ tsp salt
½ tsp black pepper
4 eggs

- In a small bowl toss cherry tomatoes with vinegar and set aside.
- Wash the chard leaves.
- Removed stems from leaves and chop separately.
- In a large cast-iron skillet over medium heat, saute chard stems and onion in olive oil until softened, about 10 minutes.
- Reduce heat to low, add garlic and saute 1 minute.
- Add chard leaves, salt and pepper.
- Turn heat to high and toss with tongs until leaves wilt.
- Using the back of a spoon, make for indents in chard.
- Crack 1 egg into each nest, cover the skillet, reduce heat slightly and cook until yolks are medium-set, about 4 minutes.
- Add cherry tomatoes, then serve.



For more recipes visit us at
www.HealthyHarvestFarmCSA.com