

Milanese-Style Chard

From – From Asparagus to Zucchini

1 bunch chard
2 Tbsp olive oil
1 garlic clove-minced
6 green onions-thinly sliced
2 Tbsp chopped fresh parsley
¼ cup chopped fresh basil
pinch of nutmeg
¼ cup chopped prosciutto or ham
2 Tbsp Parmesan cheese
salt & pepper
optional garnish: 2 Tbsp toasted pine nuts or chopped walnuts

- Trim chard, discarding tough stems, and coarsely chop.
- In a large, deep skillet, heat olive oil.
- Add garlic and green onions, and saute 2 to 3 minutes until softened and fragrant.
- Add chard, parsley, basil, nutmeg and prosciutto or ham. Mix well.
- Cover and cook 3 to 5 minutes over medium heat until tender and wilted.
- Mix in Parmesan cheese and add salt and pepper to taste.
- Garnish with nuts, if desired.



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