

# Sauteed Chard with Mustard Seeds

*From – simplyrecipes.com*

1 large bunch of Swiss chard, rinsed  
1 Tbsp olive oil  
¼ cup sliced shallots or chopped onions  
1 Tbsp whole mustard seeds  
salt  
2 Tbsp rice vinegar  
pinch sugar

- Prepare the chard leaves by cutting out the tough center stem. Slice the stems crosswise in 1/4” to 1/2” pieces. Keep separate from the leaves. Slice the leaves crosswise into 1” thick strips.
- Heat oil in a large saute pan on medium high heat.
- Add the chopped chard stems, shallots or onions, and mustard seeds.
- Sprinkle a little salt over the chard.
- Saute until the onions or shallots become translucent.
- About this time some of the mustard seeds may start to make a popping noise.
- Add the chard leaf greens.
- Sprinkle on a little more salt and toss to coat with the oil and onion mixture.
- Reduce the heat to low and cover the pan.
- Let cook for a couple minutes only, lifting up the pan cover to turn the greens over in the pan after the first minute.
- The greens should cook down considerably.
- When they are just wilted, remove from heat and place in a serving bowl.
- Sprinkle on rice vinegar mixed with pinch of sugar right before serving.



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