

## Swiss Chard Sauté with Toasted Coconut

- 2 T extra virgin olive oil
- 1 bunch Swiss chard, roughly chopped leaves and stems
- 1 small shallot, chopped
- 2 cloves garlic, chopped
- 1/4 cup white wine or water
- 1/8 tsp cayenne pepper
- salt and black pepper, to taste
- squeeze of fresh lemon
- 2 T shredded unsweetened coconut, toasted
- 2 T pine nuts, toasted (optional)

Heat olive oil in large skillet over a medium heat. Add Swiss chard stems, shallots and garlic and sauté for 1 minute. Add chard leaves to skillet and continually stir, as greens wilt down. Add in white wine or water if needed. Sauté greens for 3 minutes and season with cayenne, salt and pepper. Remove from heat. Add squeeze of lemon and toss with toasted coconut and pine nuts to serve.

