

# Simple Swiss Chard Sauté

2 T extra virgin olive oil

1 bunch Swiss chard, stems removed & leaves shredded  
sea salt & freshly ground black pepper, to taste

2 T pine nuts, toasted (optional)

2 T feta cheese, crumbled  
pinch of cayenne (optional)

Heat the olive oil in large skillet over a medium high heat. Add Swiss chard and sauté for 1 minute or until wilted. Season with salt, pepper and cayenne (optional).

Place sautéed chard on serving plate and top with toasted pine nuts and feta cheese. Serve as a side or add to a favorite grain like quinoa.

*Recipe by Garden Chef Megan McCarthy*



ATLANTA BOTANICAL GARDEN