



BRAISED SWISS CHARD WITH TOMATOES AND OLIVES

- 1 lb tomatoes, peeled, seeded and roughly chopped (or 1 14 oz can)
- 1 bunch Swiss chard (or kale or spinach)
- 1 tablespoon olive oil
- 3 cloves garlic, minced
- salt and pepper, to taste
- ½ cup chopped kalamata olives, roughly chopped

Carefully wash chard in water, swirling to get the dirt off. Loosely shake, but do not dry, so remaining water clings to leaves.

Remove tough end of stems. Slice leaves from the stems, and cut or tear into bite-sized pieces. Chop remaining stems into ½ inch pieces.

Heat oil over medium heat in large, heavy-bottomed pan. Add garlic and sauté until golden, stirring constantly. Do not allow it to brown!

Add tomatoes, salt, and pepper. Add chard, stir to combine, and cover.

Cook over medium-low heat, stirring occasionally, for about 20 minutes, or until tender.

Add olives. Stir to combine. Adjust seasonings if necessary and serve.



STIR FRIED SWISS CHARD WITH FETA

- 2 tablespoons pine nuts
- 2 tablespoons peanut or canola oil
- 2 medium shallots, finely chopped
- 1–2 bunches Swiss Chard, rinsed and torn into 2" pieces
- ¼ cup crumbled feta cheese
- salt and pepper to taste

Heat large skillet (or wok) over medium heat. Add pine nuts and toast for a few minutes, until golden. Set aside.

Heat oil in pan (or wok) over medium high heat. Add shallots, stir fry for 1 minutes, or just until beginning to brown. Add Swiss Chard, toss and over. Let steam for 2 minutes. Remove lid and cook about 1 more minute.

Drain off any liquid. Stir in feta cheese and cook for 30 more seconds, or just until it starts to melt. Add pine nuts and season with salt and pepper. Serve immediately.

—Cooking for Real



MINT SIMPLE SYRUP

- ½ cup sugar
- 1 cup water
- ½ cup fresh mint leaves

In a small saucepan over medium-high heat, bring ½ cup sugar and 1 cup water to a boil. Add ½ cup fresh mint leaves. Reduce heat to maintain a simmer and cook until slightly thickened, about 10 minutes. Transfer syrup to a small metal bowl and let sit until cool. Use warm, let cool to room temperature, or store, covered and chilled, up to six months.

Note: Use mint simple syrup in iced tea, lemonade, or mint juleps! Also good tossed with strawberries or watermelon.



APPLE MINT SPINACH SALAD

- ⅓ cup vegetable oil
- 2 tablespoons lemon juice
- 1 tablespoon thinly sliced green onion
- 1 teaspoon sugar
- 2 teaspoons chopped fresh mint
- ¼ teaspoon salt
- Dash pepper
- 1 bunch fresh spinach, torn into bite-sized pieces
- 2 medium apples, thinly sliced
- 1 small cucumber, halved and thinly sliced
- 2 tablespoons toasted sunflower seeds or pepitas

In a jar with a tight-fitting lid, combine the oil, lemon juice, green onion, sugar, mint, salt and pepper; shake well. In a salad bowl, combine the spinach, apples and cucumber. Drizzle with dressing; toss to coat. Sprinkle with sunflower kernels.

— Taste of Home