

# Braised Swiss Chard with Raisins And Pine Nuts

Reverend Dr. Ronald B. Christian  
Community Health & Wellness Center

Newark Beth Israel | RWJBarnabas  
Medical Center HEALTH

## Ingredients:

1 Bunch Swiss Chard, washed and pat dry  
1T olive oil  
1 medium red onion  
1T raisins  
2T pine nuts (may substitute walnuts or sliced almonds)  
¼ c water  
Dash of Balsamic Vinegar

## Directions:

1. Remove coarse stem from swiss chard. If using red veined chard you may include ribs for color. Slice leaves into thick ribbons.
2. In a large sauté pan, heat olive oil over medium heat.
3. Stir red onion and sauté for 5 minutes or until tender.
4. Turn heat to medium high and add raisins and nuts. Toast lightly.
5. Add Swiss chard and it a couple of stirs to mix ingredients.
6. Add water and cover the pan so chard will wilt. This take s 3-4 minutes.
7. Place into serving dish.
8. Drizzle with balsamic vinegar. (may use flavored balsamic vinegar).

Servings: 4

Nutrition Facts: Calories 86 , Protein 2 g, Fat 6 g, CHO 7 g, Fiber 1 g, Sodium 79 mg.

