

Sautéed Chard

This is one of my favorite breakfast compliments alongside a cage-free hard-boiled egg. Yes, greens for breakfast too. :) Chard was made to be sautéed. It has an earthy flavor and heartiness that's satisfying even as a stand-alone treat.

This recipe works if mold has made you sensitive to sulfur. Leeks are the member of the onion family that's lowest in sulfur. Working leeks into your diet makes a great entry point back to being able to tolerate garlic and onions.

One caution, chard is one of the greens that's highest in oxalates. If mold has made you oxalate sensitive, avoid this until you can get your vitamin C stores boosted, and you've gotten to the fifth tool - FIGHTing mold with antifungals.

SUPPLIES

12" sauté pan

Spatula

Cutting board

Chopping knife

INGREDIENTS

2-3 tablespoons olive oil

1/4 teaspoon sea salt

1/2 cup leeks, white end, chopped

1 bunch Swiss chard, prewashed

DIRECTIONS

1. Cut leafy parts from the stems of the chard
2. Chop the stems and leeks into nearly the same size
3. Chop the leafy parts coarsely and set aside
4. Preheat pan on medium-high heat
5. Add the olive oil, chopped leeks, and chopped chard stems
6. Sauté until leeks soften slightly, about five minutes
7. Add a little water when needed to prevent burning as you sauté
8. Add greens and stir occasionally
9. Sauté until greens are wilted, about another five minutes
10. Remove from heat and serve