

RAINBOW CHARD RECIPE

Makes 2 – 4 servings

1 lb. rainbow chard
1 cup water or low-sodium chicken broth
1 tablespoon olive oil, peanut oil, or lard
2 cloves garlic, minced
½ teaspoon ground cumin
½ teaspoon grated fresh ginger
1 teaspoon lemon juice
Salt to taste

Wash the greens and remove the thick woody stems. Place them in a sauté pan with 1 cup of water or broth and bring to a boil. Cover the pan and turn down heat. Simmer for 15-20 minutes until the greens are tender. Drain the greens, but reserve all the remaining liquid in a bowl. Heat the oil in the sauté pan and add the greens. Mix in the reserved water, the garlic, cumin, and ginger and cook uncovered at a low heat until the mixture is almost dry. Add lemon juice and salt to taste. Serve with tempeh.