

# FOOD & WINE

INSPIRATION SERVED DAILY



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## Swiss Chard with Ginger and Cumin

CONTRIBUTED BY [MADHUR JAFFREY](#)

ACTIVE:

TOTAL TIME: 35 MIN

SERVINGS: 6

- FAST
- HEALTHY
- MAKE-AHEAD
- STAFF-FAVORITE
- VEGETARIAN

*“I often use just one or two spices, such as the ginger and cumin in this Swiss chard,” says [Madhur Jaffrey](#). “It’s a very northern Indian approach.”*



**More Northern Indian Recipes**

**1/4 cup plus 2 tablespoons  
vegetable oil**

**1 teaspoon cumin seeds**

**2 jalapeños, minced**

**1 1/2 tablespoons minced fresh  
ginger**

**3 pounds Swiss chard—rinsed,  
stems cut into 1/2-inch pieces,  
leaves cut into 1-inch ribbons**

**Salt**

**1 1/2 tablespoons fresh lemon  
juice**

**1.** In a large, deep skillet, heat the oil. Add the cumin and cook over moderately high heat until slightly darkened, 10 seconds. Add the jalapeños and ginger and cook, stirring, until fragrant, 1 minute. Stir in the chard leaves and stems with the water that clings to the leaves and a pinch of salt. Cover and cook over low heat, stirring, until the chard is tender, 12 minutes. Uncover and cook over high heat until most of the liquid has evaporated, 2 minutes. Add the lemon juice, season the chard with salt and serve.

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