

Garlicky Swiss Chard

By Melissa Clark

YIELD 4 servings

TIME 15 minutes

There's really no secret to making excellent sautéed greens: just good olive oil, salt, loads of garlic and a jolt of red pepper flakes. This method works with pretty much any green too — broccoli, broccoli rabe, kale, spinach, collards, brussels sprouts or green beans — so you've really no excuse not to get your daily dose of vegetables. Serve it as a side to any roasted or grilled meat, or over a mound of creamy polenta that's been crowned with a fried egg (<https://cooking.nytimes.com/recipes/11323-polenta-with-parmesan-and-olive-oil-fried-eggs>).

INGREDIENTS

2 bunches Swiss chard, stems removed
1 tablespoon olive oil
2 garlic cloves, minced
Large pinch crushed red pepper flakes
Salt

PREPARATION

Step 1

Stack chard leaves on top of one another (you can make several piles) and slice them into 1/4-inch strips.

Step 2

Heat oil in a very large skillet (or use a soup pot). Add garlic and red pepper flakes and sauté for 30 seconds, until garlic is fragrant. Stir in the chard, coating it in oil. Cover pan and let cook for about 2 minutes, until chard is wilted. Uncover, stir and cook for 2 minutes longer. Season with salt.

PRIVATE NOTES

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