

Red Chard Saute

By

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Ingredients:

Organic Red Chard

Olive oil

[Celtic Sea Salt](#)

Organic sweet onion

1. Wash red chard, both stems and leaves and put in a [colander](#) to drain. These are quite big so they won't quite fit in a colander. You could also put the wet chard on some paper towels to soak up excess water.
2. Dice a medium sized onion and put into a sauté pan with about 1 tablespoon of hot (but not smoking) oil olive.
3. While onions are becoming translucent; de-vein the red stems from each chard leaf. When you are done, you should have a fairly long red stem, with a big end and a long skinny end and the green leaf part in two parts. Check and stir your onions as you do this. If the onions are done, remove pan from burner.
4. Take the red stalks and place them upright on the cutting board as though you holding a bunch of pencils and you wanted the points all to be even on the cutting board. The bottoms of the chard stems should also be made even by doing this. Lay them back down and cut off the ends so that any bad part of the stem is cut away.
5. Cut the stem bunch in half and chop the whole bunch into a quarter to half-inch pieces.
6. Put the pan with the onions back on stove and add chopped stems when pan is hot.
7. The stems should get a little softened but still a little bit crunchy. Add a little salt, keeping in mind that you will also be adding some [white rice vinegar](#) (which has salt in it).
8. Take the leafy greens and bunch tightly together while chopping into pieces about an inch square and add the greens to the pan.
9. As the greens cook and the pan is hot, add about a tablespoon of white rice vinegar. Stir immediately and put the lid on the pan. Let the rice vinegar steam the chard mixture for a minute.
10. Check for doneness of the greens to whatever consistency you like. Serve. Enjoy.