

# *Creamed Swiss Chard*



## INGREDIENTS

- 1 bunch of swiss chard
- 1 tablespoon unsalted butter
- 1 tablespoon flour
- 1 1/4 cup of milk
- salt and pepper
- 1/4 cup breadcrumbs (optional)
- 2 cloves garlic, minced

## INSTRUCTIONS

1. Rough chop swiss chard, if using stems cut into small pieces
2. Bring a pot of water to a boil
3. Drop in swiss chard for 1 minute, let it wilt. Pull chard out of boiling water and drop into ice water to shock it. Cool.
4. Drain well, squeeze out excess moisture with hands.
5. Chop chard into small pieces, set aside in large bowl.
6. In a saucepan, melt butter with garlic. Cook at medium heat until butter is melted, then add flour, incorporating with a whisk.
7. Slowly add milk, constantly stirring. Season with salt and pepper.
8. Continue to stir constantly until mixture comes to a boil.
9. Once it thickens, slowly add cream sauce to cooked chard until desired consistency.
10. If using bread crumbs: Moisten bread crumbs with olive oil or butter and bake at 350 degrees on a sheet pan until toasted.
11. Sprinkle over swiss chard.