

Chard with Anchovies and Garlic



INGREDIENTS

- 1 bunch of swiss chard
- 2 anchovies
- 1 clove garlic, minced
- pinch of red pepper flakes
- salt and pepper
- 3 tablespoons of olive oil

INSTRUCTIONS

1. Rough chop chard.
2. Preheat sauté pan or cast iron to medium high.
3. Add olive oil and anchovies to pan. Once anchovies dissolve add garlic and red pepper flakes.
4. Cook until golden brown then add swiss chard.
5. Season with salt and pepper and cook until wilted.

NOTE: you can sub the chard with any of the greens in this recipe. (Kale, Asian Greens, Chijimisai, Spinach)