

Citrusy Swiss Chard

2 pounds Swiss chard, washed

1/2 cup low-sodium chicken broth (use canned broth or low sodium bouillon cubes to save time; you can also use vegetable broth or low sodium vegetarian bouillon cubes for a vegetarian dish)

1 tablespoon minced shallots

Salt to taste

Freshly ground black pepper to taste

2 tablespoons fresh lemon juice

1 tablespoon fresh tarragon, thinly sliced

2 teaspoons olive oil

Slice the chard on the diagonal into 2" pieces. Heat the chicken stock and add the stems of the chard and shallots. Simmer for about 3 minutes and add the chard leaves. Continue to cook until the chicken stock is reduced and the chard is tender, about 5 more minutes. Remove from the heat and toss the chard with the lemon juice and olive oil. Taste and add salt and pepper. Sprinkle with tarragon.

Nutritional Information

Serves 4; 1 cup serving

Calories: 72

Fat: 3 gm.

Saturated Fat: 0

Cholesterol: 0

Sodium: 126 mg.

Dietary Fiber: 4 gm.

Carbohydrate: 10 gm.

Protein: 5 gm.