



Swiss Chard with Dried Cranberries

Mix this with your favorite whole grain for a tasty and filling side dish.

U.S.

3 Tbsp	Cranberries, dried, unsweetend
1 1/2 Tbsp	Red Wine Vinegar
1 Tbsp	Olive Oil
2 cloves	Garlic, minced
2 bunches	Swiss Chard, cut into ribbons
1/8 tsp	Salt
To taste	Black Pepper, ground
1/4 cup	Almonds, sliced and toasted

Metric

7g
25mL
15mL
2 cloves
2 bunches
0.75g
To taste
30g

Preparation:

1. Gather all ingredients and equipment.
2. In a small microwave safe bowl, combine cranberries, red wine vinegar, and 1 Tbsp water. Microwave for 1 minute and 30 seconds.
3. To toast the almonds, heat a small saute pan over medium heat. Add the almonds. Toss or stir frequently for about 1-2 minutes, until almonds are beginning to brown and smell fragrant. Immediately remove almonds from the pan and place into a bowl to prevent burning.
4. Place a medium saute pan over medium high heat and add the oil. When the oil is hot, add the garlic and saute for 30 seconds, until garlic is fragrant but not brown.
5. Add chard to the pan and cook for 7-9 minutes, until wilted and tender.
6. Toss in the rehydrated cranberries. Top with the toasted almonds and serve.

Nutrition Facts

4 Servings

Serving size **3/4 cup**

Amount per serving

Calories **100**

Calories from Fat 60

Total Fat 6 g

 Saturated Fat 0.5 g

 Trans Fat 0 g

 Monounsaturated Fat 4.5 g

Cholesterol 0 mg

Sodium 250 mg

Total Carbohydrate 10 g

 Dietary Fiber 3 g

 Total Sugars 5 g

 Includes 0g Added Sugars

Protein 3 g

Vitamin D 0 %

Calcium 8 %

Iron 10 %

Potassium 388 mg

Phosphorus 72 mg
