
Swiss Chard and Shiitake Mushrooms with Balsamic Vinegar

2 bunches (2½ pounds) Swiss chard, washed, stems removed
1 Tablespoon extra-virgin olive oil, divided
8 oz. shiitake mushrooms, stems removed, thickly sliced
3 garlic cloves, minced
¼ cup reduced sodium vegetable broth
½ Tablespoon fresh rosemary, chopped
Sea salt, to taste
Pinch red pepper flakes
1 teaspoon balsamic vinegar

Instructions

Stack chard leaves and roll up lengthwise into cylinders. Cut cylinders crosswise to make 2 inch strips. Set aside.

In large frying pan, heat oil over medium heat. Add mushrooms and sauté until they release liquid and become limp. Stir, then add garlic and continue cooking for 2 minutes.

Add broth and allow mushrooms to absorb all liquid, stirring occasionally.

Add chard to pan in batches, stirring until wilted before adding next batch.

Cook, uncovered, stirring occasionally, until tender, about 3-4 minutes.

Mix in rosemary, salt, red pepper flakes (if desired) and balsamic vinegar.

Turn up heat to allow Swiss chard and mushrooms to absorb most of the vinegar, and cook for approximately 2 minutes more. Serve immediately.

Makes 8 half-cup servings

Nutritional Information

Per serving: 50 calories, 2 grams total fat (0 grams saturated fat), 7 grams carbohydrates, 3 grams protein, 3 grams dietary fiber, 310 mg sodium

Shiitake mushrooms contain ergosterol, a plant compound that turns into vitamin D, as well as the cancer-fighting mineral selenium.

Recipe courtesy of Sarah Lanzman, Chef, Certified Health Coach
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"Delicious food never healed so good."