

## SAUTEED SWISS CHARD

Prep Time: 10 minutes      Cook Time: 5 minutes      Total Time: 15 minutes  
Serves 4, ½ cup adult or child or ¼ cup toddler

1 pound Swiss chard, washed, dried and chopped  
2 cloves garlic, minced  
1 cup onions, sliced  
1 tablespoon olive oil

Heat a medium saucepan to medium high heat with olive oil. Add onions and cook for about one minute.

Add garlic and Swiss chard and cook for about four minutes, or until Swiss chard has wilted and cooked down.

### Nutritional Analysis

**CAL:** 48 kcal  
**Calcium:** 47 mg

**CHO:** 6 g  
**Potassium:** 339 mg

**PRO:** 2 g  
**Sodium:** 164 mg

**Fat:** 2 g  
**Fiber:** 2 g

**Chol:** 0 mg