

Spaghetti With Chard

Pasta is a great delivery system for health-building greens. This works with other greens like collards, spinach, or baby kale. If the final dish seems too dry just add a little extra olive oil... and of course, some extra Parmesan for sprinkling. Greens are a good source of calcium and can protect against many diseases. - Jenny Jones

Prep Time: 3 minutes

Cook Time: 7 minutes

Total Time: 10 minutes

Makes: 2 servings



Ingredients:

- 4 oz. spaghetti
- 1 bunch Swiss chard
- 1 teaspoon olive oil
- 1 clove garlic, minced
- 2 Tablespoons olive oil
- 1 Tablespoon Parmesan cheese
- 1/4 teaspoon salt

Instructions:

1. Cook spaghetti per package directions.
2. Meantime, trim the chard by removing thick stems and cut greens into large pieces. Wash well and leave it wet.
3. Heat oil in a large pan over medium heat. Add garlic and sauté for one minute until golden, being careful not to burn.
4. Stir in the wet greens and cook, stirring, for about 5 minutes until soft. Add a little pasta water if needed.
5. Remove pan from heat, cover and set aside until the spaghetti is done.
6. Add drained spaghetti to greens. Stir in the olive oil, Parmesan, and salt.