

Sauteed Swiss Chard with Bacon

Carolyn T's
Main Cookbook

Servings: 4



2 slices bacon, or 1 thick slice
1 pound Swiss chard leaves, center rib removed, washed well
1 1/2 teaspoons sherry vinegar
3 tablespoons water
Salt and pepper to taste

Blog: Carolyn T's Blog:
<http://tastingspoons.com>

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*Per Serving (excluding unknown items): 40 Calories;
2g Fat (35.1% calories from fat); 3g Protein; 4g
Carbohydrate; 2g Dietary Fiber; 3mg Cholesterol;
254mg Sodium. Exchanges: 0 Lean Meat; 1
Vegetable; 0 Fat; 0 Other Carbohydrates.*

Notes: Do NOT pour the vinegar (alone) into the chard without mixing it with the water - you don't want to pour it onto just one part, as the mixture needs to be drizzled all over the leaves. If you have a half of an onion, you can add that along with the bacon.

Description: So simple, quick and tasty.

1. Slice and dice the bacon into small pieces. Saute in a very large skillet until the bacon is light brown and crisp.
2. The Swiss chard can be damp from washing - it will provide some fluid for cooking. Add the Swiss chard to the bacon, stirring and moving the chard around in the pan until it's wilted. Mix the vinegar and water and when the water has all evaporated, add the vinegar water. Cover and simmer for 2-3 minutes or until cooked through to your taste. Season with salt and pepper. Serve immediately, when it's piping hot.