

# Sautéed Swiss Chard with Vinaigrette

**Recipe by:** Will Conway, Stone Acres Farm Manager

Mastering the technique of sautéed greens dressed with a sweet and tangy vinaigrette is my secret to consuming the large volume of hearty greens that come off the farm. You can mix up the fat, acid, sweet and spicy ingredients in this recipe to change up the flavor profile.

## **Ingredients:**

1 bunch of swiss chard, roughly chopped

2 cloves of garlic, minced

3 tablespoons of olive oil + 1 tablespoon for sauteing

1 tablespoon and 1 teaspoon of balsamic vinegar

1 tablespoon of maple syrup

1 dollop of Dijon mustard

Salt and pepper to taste

## **Directions:**

For the vinaigrette, whisk together olive oil and balsamic vinegar. Taste and adjust to your preference. Add more vinegar to increase the acidity, or oil if you prefer it milder.

Next, whisk in the mustard and maple syrup. Taste and adjust the mustard and maple syrup levels for zestiness and sweetness. Add a healthy pinch of salt and pepper to bring out the flavor of the vinaigrette. Set the dressing aside.

Heat a skillet to medium high heat. Once hot, coat the pan with remaining olive oil. Once the oil is heated, add garlic and simmer for 2 minutes, or until the garlic is golden brown. Add swiss chard and sauté until the greens are reduced by about

half. Put a lid on the pan for about 2 minutes-- steaming the chard in its own water softens those beautiful stems and makes them more palatable. Remove the lid and let the liquid cook off for about 3 minutes. Pour in the vinaigrette and stir to incorporate. Remove from heat and serve immediately.