



Wilted Chard

Active Time: 5 minutes | **Total Time:** 5 minutes | **Serves:** 2

Nutrition Information Per Serving

58.9 calories, 3.04 g carbohydrate, 1.17 g fiber, 1.87 g NET carbs, 1.31 g protein, 5.14 g fat

Ingredients

- 1/4 cup(s) spring water
- 2 Tbsp(s) organic lemon juice
- 2 tsp(s) organic extra virgin olive oil
- 4 cup(s) organic Swiss chard

Preparation

1. Add spring water to a large, deep pan.
2. Heat over medium high heat.
3. Add chard and cover.
4. Remove pan from heat and allow to stand covered 1 minute.
5. Stir chard, drizzle with olive oil and lemon juice and serve.

This free recipe cannot be redistributed without prior permission from MealGenius.com.
If you have obtained this recipe from any source other than MealGenius.com please contact us.