



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.

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