

Garlic and Onion Spiced Chard

(substitute beef and beef broth)

Makes 2 servings (1 vegetable)
2 grams protein
0 fat
30 calories per serving

Ingredients

- 4-6 cups Swiss or red chard
- 1 tablespoon apple cider vinegar
- ½ cup vegetable, chicken broth or water
- 4 tablespoons lemon juice to taste
- 6 cloves garlic, chopped
- 2 tablespoons onion, chopped
- ¼ teaspoon garlic powder
- Sea salt and pepper to taste



Directions

1. In a frying pan add chard, water, onion, garlic, and spices to water and liquid ingredients and sauté for 5 minutes or to desired level of cooking.
2. Sprinkle with lemon and sea salt and pepper to taste.

