

Lemon Garlic Chard

1 teaspoon extra-virgin olive oil
1 teaspoon minced garlic (scapes)
1 bunch/head chard, chopped
1 tablespoons water
1/2 teaspoon fresh lemon juice
Dash freshly ground black pepper
4 teaspoons shaved fresh Parmesan cheese

Heat a large skillet over medium-high heat. Add oil to pan; swirl to coat. Add garlic; sauté 2 minutes or until garlic begins to brown. Add Swiss chard and water to pan; cook 2 minutes (or less) until chard wilts. Stir in lemon juice and pepper. Sprinkle with cheese.

Adapted from Cookinglight.com