Chard with Tomatoes, Feta, and Almonds

Serves 4

Ingredients
- 1 Tbsp olive oil
- 1 small yellow onion, chopped
- 2 cloves garlic, minced
- 1 bunch Swiss or Rainbow chard, stems and leaves chopped separately, divided
- Kosher salt and black pepper
- 2 Tbsp low sodium chicken broth
- 1 cup halved cherry tomatoes or 1 tomato, cored and chopped
- 2 ounces feta cheese, crumbled
- 2 Tbsp blanched almonds, toasted

Preparation

Heat oil in a large, deep skillet over medium heat. Add onion, garlic and chard stems and cook stirring occasionally, until softened, about 5 minutes. Cover and cook 5 minutes more. Uncover, add chard leaves, salt, pepper and broth and cook, covered until chard leaves are bright green and tender, about 5 minutes more. Remove from heat and gently stir in tomatoes. Sprinkle feta cheese and almonds over the top and serve.

Calories 120, Total Fat 9g, Sat Fat 3g, Sodium 460mg, Carbohydrates 8g, Fiber 3g, Sugars 3g, Protein 5g

Provided by: Kasey Pape MS, RD, LD