

## Swiss Chard & Caramelized Onions



### Makes:

8 - 10 servings as a side dish

### Utensil:

Mega Skillet Limited Edition

**Rate** ★★★★★

### Recipe:

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### Recipe Description:

This is one of my favorite variations on preparing dark leafy greens. The Mega Skillet is the perfect cooking vessel, because you can make a lot; they store well and can be incorporated into many different dishes for the start of a healthy meal (see Tips for some ideas).

Visit the **Mega Skillet Limited Edition** product section of this site for more [recipes](#).

2 large  
onions, peeled, sliced  
4 bunches Swiss chard, separate stems & leaves, cut stems  
into small dice & chop greens; wash  
4 - 5 cloves garlic, peeled, chopped  
½ cup  
kalamata olives, pitted, chopped (optional)  
(34  
g)  
1 teaspoon  
salt  
(6  
g)  
fresh ground pepper, if desired  
¼ teaspoon  
cayenne pepper (optional)  
(.5  
g)

### Directions:

1. Preheat Mega Skillet on medium heat. When several drops of water sprinkled on skillet skitter and dissipate, approximately 5 minutes, add onions. Sauté for approximately 10 minutes, stirring occasionally until onions start to brown and become soft (don't worry if onions stick a little bit).

2. Add Swiss chard stems to caramelizing onions, stir, and place cover on skillet. When Vapo-Valve™ begins to click, reduce heat to low and cook for 3 - 4 minutes or until stems soften.
3. Remove cover, add garlic, Swiss chard greens and olives, and carefully fold together all of the ingredients. Place cover back on skillet. Vapo-Valve™ begins clicking, reduce heat to low and cook for approximately 5 - 7 minutes or until greens are softened to your liking.
4. Taste greens and season with salt and pepper. Add cayenne pepper, if desired.

**Tips:**

- Substitute Swiss chard for your favorite dark leafy green; collard greens: kale, mustard greens, broccoli rapini, escarole, dandelion greens or others. Cooking times will vary.
- Variations and Serving Ideas - season with gomasio (ground sesame seeds and salt) and toss with cooked rice or soba noodles; add to scrambled eggs or in an omelet with your favorite cheese; add minced roasted peppers and cooked shrimp; serve at room temperature with a light dressing of fresh lemon juice and a dash of olive oil, fold in leftover cooked chicken; top a plain pizza with greens; possibilities are endless...have fun!

Nutritional Information per

▼ Serving

**Calories:** 63

**Total Fat:** 2g

**Saturated Fat:** 0g

**Cholesterol:** 0mg

**Sodium:** 732mg

**Total** 10g

**Carbs:**

**Dietary Fiber:** 3g

**Sugar:** 3g

**Protein:** 3g

Analysis based on 8 servings