

Sautéed Swiss Chard ala Susan

1 Tbl Sesame oil	2 large onions
1 Tbl Canola oil	1 bunch Swiss chard
2 Tbl Soy sauce	

Rice, pasta, bread or polenta cooked according to package directions for a base

1. Tear/cut chard from stems then into smaller pieces.
2. Soak and rinse the chard leaves. Spin as dry as possible.
3. Rinse and slice the chard stems into bite size pieces.
4. Meanwhile, heat oils and soy sauce to medium in a medium to large sauté pan.
5. Slice onions into thin ringlets. Put them in the heated pan with chopped chard stems and sauté for 2-3 minutes until onions begin to become opaque and chard pieces soften.
6. Begin adding chard leaves in batches as the pan will hold them and continue to sauté stirring leaves into the mix and adding more leaves as space in the pan allows.
7. When all leaves are limp, serve the chard on whatever base you have prepared.