



**Many Hands Organic Farm and  
Sustainability Center**  
Julie Rawson and Jack Kittredge  
411 Sheldon Road  
Barre, MA 01005  
(978) 355-2853 - Home  
(978) 257-1192 - Cell  
Farm@mhof.net

## Braised Lemon Swiss Chard

from Barbara Olendzki

Serves 18 to 20

### Ingredients:

- 5 head Swiss chard, chopped
- 10-12 cloves garlic, sliced
- 6 tsp. lemon zest
- juice from 3 lemons
- 1 tsp. salt
- 4 tbs. olive oil

### Directions:

1. Heat olive oil in skillet over medium heat. Sauté garlic until slightly browned.
2. Gradually add in Swiss chard and salt (all at once), mix until wilted.
3. Turn off heat and toss with lemon zest and lemon juice.