



INGREDIENTS:

- 1 tbsp olive oil
- 2 large cloves garlic, minced
- 1/2 a bunch (5 to 6 oz) Swiss chard, ribs and leaves chopped separately
- 1/2 a bunch (5 to 6 oz) Tuscan or lacinato kale, leaves chopped coarsely
- 3 tbsp golden raisins
- Sea salt and fresh ground black pepper, to taste

INSTRUCTIONS:

Heat oil in a large skillet over medium heat. Add garlic and sauté for 1 minute. Add chard ribs and kale leaves and sauté for 2 minutes until softened. Add chard leaves, a handful at a time, stirring to coat with oil and garlic. Cover and cook until greens have softened, about 5 minutes. Stir once to keep greens and garlic from sticking. Add raisins and stir. Season with salt and pepper.

Nutrients per ½-cup serving: Calories: 115, Total Fat: 7 g, Sat. Fat: 1 g, Monounsaturated Fat: 5 g, Polyunsaturated Fat: 1 g, Carbs: 12 g, Fiber: 2 g, Protein: 3 g, Sugars: 5 g, Sodium: 110 mg, Cholesterol: 0 mg