



## Swiss Chard and Pickled Onions

### INGREDIENTS:

|           |                                 |
|-----------|---------------------------------|
| 2 bunches | Swiss chard                     |
| 2 Tbsp    | olive oil                       |
| 3 med.    | onions, sliced                  |
| 3 cup     | cider vinegar (5 to 6% acidity) |
| 2 cup     | water                           |
| ½ cup     | sugar                           |
| ½ cup     | packed light brown sugar        |
| 2 sticks  | cinnamon (no powder)            |
| 2 Tbsp    | whole mixed pickling spice      |
| 1         | bay leaf                        |
| 2 Tbsp    | salt                            |

### PREPARATION:

- clean, wash and chop Swiss chard into 1 to 2 inch pieces
- in a hot pan heat up one tablespoon of oil and sauté half of Swiss chard
- when wilted move to a bowl and reserve
- Mix onions, vinegar, 2 cups water and the sugars
- Add pickling spice and bay leaf to water
- Stir salt and pickling spice into vinegar mixture. Heat to boiling; reduce heat
- Cover and simmer 5 minutes
- Allow to cool and steep for at least 10 minutes
- Mix with Swiss chard and serve

**Yield:** 6 1/2 cup servings

**Calories:** 60

**Fat:** 3

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