



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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