

Curried Chard

- * 2 teaspoons cooking oil like canola or coconut
- * 2 teaspoons black mustard seeds
- * 1 1/2 teaspoons curry powder
- * 1/2 teaspoon cumin
- * 1/4 teaspoon ground ginger
- * 1/2 cup chopped green onions, white and green parts
- * 1 bunch chard
- * fresh lime or lemon juice

Prep the chard by slicing the stems finely and chopping the leaves. Heat the oil in a heavy bottomed pan. Add mustard seeds and spices. After a minute or so when the seeds pop, add the green onions and stir. Sauté another minute or so. Stir in the chard stems and sauté a bit further, adding a splash of water if necessary to prevent spices from burning. Add the chopped chard leaves--you might have to do this in batches to fit it all in, but as it begins to cook down you can add more. Cook until tender, about 3-5 minutes. Squeeze fresh lime juice over it, or lemon juice, or a splash of vinegar. Optional garnish: chopped cilantro

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